



**IDEAL  
BREAKFAST DISHES,  
SAVOURIES AND  
CURRIES**

**C. Herman Sonn**



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# Ideal Breakfast Dishes, Savouries and Curries.

BY

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*"French Menus," "The Practical Cookery Manual,"*

*"Recherché Side Dishes," "The Popular Cookery Book,"*

*"Recherché Sweets," "Recherché Entrées,"*

*"Potato Cookery," etc. etc.*

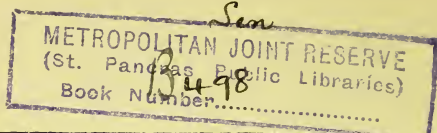


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WITHDRAWN  
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## The Breakfast Problem.

"Breakfast is a forecast of the whole day :  
Spoil that and all is spoiled."

*Leigh Hunt.*

**T**O many housekeepers breakfast is a problem which causes them more worry and trouble than any other meal, particularly so during the summer months, when the customary solid dishes should be avoided and replaced by something of a lighter character, and for this reason some would not at all mind to see that meal obliterated from the daily family fares.

One of the latest fads recently introduced is to go without breakfast, but very few people have tried this novel experiment, and these have quickly returned to their former custom of partaking of a hearty meal in the morning.

Whatever the opinion of a few faddists may be, most people will agree that breakfast, as we understand it in this country, is an indispensable and perhaps the most necessary repast of the day.

The way in which some families have breakfast served is another difficulty which one might not unreasonably expect to be remedied. A well-known writer once said that there were no two people ever having the same mind as to what it should be, and no two people in one household, as a rule, ever wished to get up at the same hour—that all attempts to assemble a lot of people at a given moment for a set morning meal are sure to be productive of friction and unpleasantness; and this unpleasantness, he says, is very likely to spoil the good feeling of a whole day. He proposes that every person shall look out for his or her own breakfast. If the establishment is well enough provided with cooks and waitresses, so that each person can have a breakfast especially prepared to suit his or her taste and fancy, well and good; otherwise, let each person prepare his own breakfast. The trouble of doing this, he thinks, would be compensated for by the freedom gained to get up when one pleases, and not to be compelled to go without coffee, or to eat oranges and oatmeal, or else nothing at all.

This meal requires care, thought and management to prepare such a meal, pleasing, appetising and varied day after day. This to the thoughtful cook and housekeeper presents little or no difficulty, for it is a comparatively simple matter to find substitutes for fried eggs and bacon and sausages. Breakfast is a fore-taste of the whole day, and there is probably no meal which counts more to the average person than the first repast of the day. It should be borne in mind that the appetite is usually more fickle in the morning than it would be late in the day; indeed, the sense of taste is never so keen as at an early hour. On this account the dishes selected for breakfasts should at all times be well seasoned, daintily and attractively served, and yet simple in character. Elaborate dishes should as much as possible be avoided.

Cold dishes will be more acceptable in summer time than during the winter, when hot dishes are more generally in vogue; but this does not by any means imply that hot food should not be served for breakfast during the hot months. It is customary to serve two or three courses for breakfast, which should consist of cereals, eggs, fresh or smoked fish, savoury meat, ham or bacon, some kind of light cake, scones, buns, or rolls of the brioche character, preserved fruit, also fresh fruit when it is plentiful.

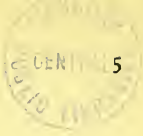
There should be a constant change day by day; ample variety of dishes should be introduced, but none of them need be as substantial as for luncheon or dinner. The dishes chosen should supply the needful food elements—fat, starch and protein. For this reason it would be well if those who wish to make breakfasts ideal and satisfying meals to become acquainted with the compositions of common food.

Fruit in some form or another should always form part of the morning meal, especially if children have to be catered for.

The suggestions of breakfast menus, herein given, as well as the budget recipes, many of them for new dishes, will no doubt prove helpful to the thousands of housekeepers and cooks who are anxious to make the first meal of each day a real treat.

C. H. S.





## Suggestions for Breakfast Menus.

*Oatmeal Porridge with Cream.*  
*Fish Fritters.*  
*Broiled Bacon.*  
*Tea.*  
*Bread and Butter.*  
*Toasted Milk Scones.*  
*Fresh or Preserved Fruit.*

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*Cereal with Milk.*  
*Cucumber Fritters.*  
*Curried Sardines.*  
*Tea and Coffee.*  
*Bread and Butter.*  
*Buttered Toast.*  
*Fruit Compôte.*

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*Hominy with Cream.*  
*Chicken Cromesies.*  
*Potato Omelet.*  
*Tea and Cocoa.*  
*Bread and Butter.*  
*Milk Rolls.*

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*Porridge with Milk.*  
*Macaroni with Cream.*  
*Curried Mushrooms.*  
*Tea and Coffee.*  
*Buttered Milk Rolls.*  
*Bread and Butter.*  
*Preserved Figs.*

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*Scrambled Eggs.*  
*Fried Whiting.*  
*Coffee and Chocolate.*  
*Toasted Scones.*  
*Bread and Butter.*  
*Fresh Fruits.*

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*Shredded Wheat and Cream.*  
*Tea and Coffee.*  
*Green Corn Timbales.*  
*Grilled Bacon.*  
*Bread and Butter.*  
*Toast.*  
*Fruit Preserves.*

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*Curried Oysters.*  
*Cheese Omelet.*  
*Tea and Coffee.*  
*Buttered Shredded Wheat.*  
*Bread and Butter.*  
*Marmalade or Honey.*

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*Fish Kedgeree.*  
*Scotch Eggs.*  
*Tea and Coffee.*  
*Bread and Butter.*  
*Buttered Scones.*  
*Preserved Fruit.*

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*Ox Tongue.*  
*Potted Shrimps on Toast.*  
*Buttered Toast.*  
*Coffee and Chocolate.*  
*Bread and Butter.*  
*Fresh Fruit and Jam.*

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*Cereal with Cream.*  
*Fricassee of Eggs.*  
*Bacon with Sprouts.*  
*Tea and Cocoa.*  
*Bread and Butter.*  
*Honey.*

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*Porridge.*  
*Fish Kedgeree.*  
*Grilled Kidneys.*  
*Sauté Potatoes.*  
*Coffee and Chocolate.*  
*Bread and Butter.*  
*Marmalade.*

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*Fruit Short Cake.*  
*Scalloped Cod.*  
*Scrambled Eggs with Tongue,*  
*Porridge.*  
*Tea and Chocolate.*  
*Bread and Butter.*  
*Stewed Figs or Prunes.*

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*Semolina Fritters.*  
*Savoury Haddock.*  
*Coffee and Tea.*  
*Jam Rolls.*  
*Bread and Butter.*  
*Buttered Toast.*  
*Fresh or Preserved Fruit.*

*Oatmeal Mould.*  
*Shrimp Omelet.*  
*Fried Sausages.*  
*Coffee and Cocoa.*  
*Tea Muffins.*  
*Bread and Butter.*  
*Fruit in Biscuit Basket.*

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*Breaded Sausages.*  
*Grilled Ham.*  
*Haddock Patties.*  
*Tea and Coffee.*  
*Bread and Butter.*  
*Toasted Triscuits.*  
*Marmalade.*

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*Porridge with Cream.*  
*Buttered Eggs.*  
*Cold Ham.*  
*Coffee or Cocoa.*  
*Oat Cakes.*  
*Bread and Butter.*  
*Preserved Fruit.*

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*Porridge with Milk.*  
*Sliced Pressed Beef.*  
*Potato Balls.*  
*Tea and Coffee.*  
*Buttered Toast.*  
*Bread and Butter.*  
*Fresh or Preserved Fruit.*

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*Cereal with Cream.*  
*Asparagus Omelet.*  
*Cold Ham.*  
*Tea and Chocolate.*  
*Bread and Butter.*  
*Buttered and Plain Toast.*  
*Honey.*

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*Whiting en Gratin.*  
*Hominy Cake.*  
*Macaroni with Ham.*  
*Tea and Cocoa.*  
*Sally Lunns.*  
*Bread and Butter.*  
*Toast.*  
*Fresh or Preserved Fruit.*

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*Porridge.*  
*Tomato Rice.*  
*Cold Ox Tongue.*  
*Lettuce.*

*Coffee and Tea.*  
*Bread and Butter.*  
*Fruit Compôte.*

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*Fried Whiting.*  
*Mutton Fritters.*  
*Cereal With Cream.*  
*Rice Cakes.*  
*Coffee and Cocoa.*  
*Bread and Butter.*  
*Lemon Marmalade.*

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*Spiced Beef.*  
*Fish Pudding.*  
*Toasted Shredded Wheat*  
*with Cream.*  
*Coffee and Cocoa.*  
*Bread and Butter.*  
*Honey Scones.*  
*Jam or Fresh Fruit.*

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*Ham Omelet.*  
*Fish Curry.*  
*Buttered Toast.*  
*Coffee and Tea.*  
*Cream Rolls.*  
*Bread and Butter.*  
*Stewed Figs.*

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*Lamb's Liver and Bacon.*  
*Poached Eggs on Toast.*  
*Buttered Triscuits.*  
*Porridge.*  
*Tea and Chocolate.*  
*Bread and Butter.*  
*Honey.*

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*Cod Steak.*  
*Grilled Ham.*  
*Cereal with Cream.*  
*Tea and Cocoa.*  
*Bread and Butter.*  
*Stewed Prunes.*

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*Fried Eggs and Bacon*  
*Fish Kedgeree.*  
*Coffee and Chocolate.*  
*Cream Scones.*  
*Bread and Butter.*  
*Ginger Preserves.*

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*Fish Cakes.*  
*Veal Brawn.*  
*Bread and Butter.*  
*Coffee and Cocoa.*  
*Cream Scones.*  
*Marmalade.*

## Breakfast Dishes.

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### The Breakfast Bacon.

Nothing looks more unsightly, and often tastes more unpleasant, than a dish of breakfast bacon cooked anyhow, burnt or scorched, hard and unappetising. On the other hand nothing looks more tempting and appetising than the same dish properly cooked. The correct way to cook bacon is to fry it to a delicate brown, not dry, yet crisp. The rashers must be cut rather thin, and before putting them into the pan the latter should be heated, just hot, not red hot. Shake the pan frequently whilst the bacon is cooking, and turn over the slices of bacon from time to time to avoid getting it too brown on either side. It will take but four or five minutes to fry the bacon. Grilled or broiled bacon is preferred by many to fried. Place the slices or rashers on a folding grill, previously wiped and heated, close up the grill and cook over or in front of a bright (not smoky) fire, allow about three minutes for each side, turn frequently and prevent any liquid fat from the bacon dripping on to the fire. Often bacon is rolled and skewered, then cooked in this way: the bacon thus treated should be crisp and curly and be served hot.

### Bacon Toast.

Cut some streaky bacon into rather thin slices, place them in a sauté-pan with just enough water to cover, and let its contents boil for a few seconds. Then drain the slices of bacon carefully, place them in a frying-pan, and fry until crisp over a quick fire. The bacon should be of a delicate brown when cooked. Have some oblong slices of toasted brown bread ready, butter them well, and trim the slices to the size of the bacon. Cover the pieces of toast with the bacon and dish up; put a small round slice of fried tomato (these can be fried in the bacon fat) on the top of each slice of bacon, and send to table hot.

### Breakfast Grill.

When a substantial breakfast dish is required a plain or mixed grill is particularly suitable. For the former, grilled chops, or mutton cutlets, fillet of



beef or rump steak. With such dishes it is desirable to serve as a garnish, or separately, grilled or sautéed tomatoes, or mushrooms, or sautéed potatoes, according to one's fancy. All meats grilled should, unless otherwise ordered, be cooked juicy or slightly underdone, with a little parsley butter, maitre d'hôtel butter or anchovy butter placed on top before serving.

### **Mixed Grill.**

A correct mixed grill consists of two mutton cutlets, one sheep kidney split in half, two rashers of bacon and a sausage, all grilled. Boiled tomatoes and mushrooms are frequently added, as they make an acceptable garnish, and add to the relish of this dish.

### **Fried Hominy Cakes.**

Boil up half a pint of white stock and milk with a pat of butter and half a bay leaf. Stir in 2 oz. of hominy. Cook for ten minutes whilst stirring. Season with salt, pepper, and grated nutmeg, remove the bay-leaf and add the yolks of two eggs. Spread this on a buttered plate, and let it cool. Divide the mixture into eight portions, shape into round flat cakes, egg and crumb them, and fry in very hot deep fat to a golden colour. Drain, dish up and serve hot.

### **Fried Soles.**

Skin and clean 2 or more small soles and trim them for frying. Mix a little flour with enough salt and pepper to taste, on a plate. Dip the fish into the flour, shake it and brush over with beaten egg, then cover with bread-crumbs. Fry to a golden colour in plenty of hot fat. Take up, drain, dish up and garnish with parsley. Soles or slices of cod can be done in the same way.

### **Baked Sprats.**

Clean and wipe the sprats, range them in a buttered baking dish. Season with salt and pepper, and sprinkle over some finely chopped parsley. Bake for about 20 minutes. Dish up, and squeeze a few drops of lemon juice over the fish.

### **Whiting au Gratin.**

Skin and fillet 3-4 whiting ; butter a baking-dish, and spread over it two table-spoonfuls of white

sauce; place in the whiting fillets, sprinkle some minced mushrooms on top, a little oiled butter, some chopped parsley, and a few bread-crumbs. Bake in a sharp oven for about 15 minutes.

### **Fish Pudding with Rice.**

Take  $\frac{1}{2}$  lb. of any cold fish, and mix with it 4 oz. of boiled rice, one hard-boiled egg, chopped, and season with salt and pepper. Moisten with a little white sauce and milk, mixed with a well beaten egg. Put the mixture into a buttered pie-dish or pudding mould, and bake or steam for about 35 minutes. Unmould and serve with anchovy sauce.

### **Fish Omelet.**

Take the remains of cooked fish, free it from skin and bones, and break it up into very small flakes. Allow about one dessert-spoonful of fish to each egg.

There are two ways of making a fish omelet—*viz.*, by mixing the fish with the eggs, and by heating the fish separately and folding it in the omelet as soon as it is shaped. The latter is the nicest way of the two. It is made as follows :—

Beat up six eggs, add a pinch of pepper, and sufficient salt to season. Stir in one large table-spoonful of cream and a dessert-spoonful of finely chopped parsley. Heat up the fish, prepared as above stated, in about half an ounce of fresh butter. This must be made hot before the fish is added. A small finely chopped shallot may be blended with the butter, if liked. Melt an ounce of butter in an omelet-pan; when hot, pour in the egg mixture, and continue stirring over the fire till it commences to set; fold in the ends a little, and put the fish in the centre; shape it neatly, so as to obtain a half-moon or cushion shape; allow it to take colour and turn out on a hot oblong dish. Pour a little hot Hollandaise or tomato sauce round the base of the dish.

### **Fish Kedgerree.**

$\frac{1}{2}$  lb. cooked fish,  $\frac{1}{4}$  lb. rice, 2 hard-boiled eggs, 2 oz. butter and seasoning.

Break the fish into small pieces, removing all the skin and bones. Wash the rice and boil in water for about twenty minutes; strain off the water and dry in the oven. Chop the hard-boiled white of eggs finely, melt the butter in a stew-pan,

put in the fish, rice, and chopped white of egg. Season with salt, pepper, and a pinch of nutmeg or ground mace; stir over the fire until quite hot (taking care that it does not brown). Pile up on a hot dish, sprinkle over with yolks of egg previously chopped or rubbed through a sieve. Garnish with parsley, and serve hot.

### **Sardines à l'Indienne.**

Open a tin of boneless sardines, pour from it all the oil into a frying-pan, cut up a shallot finely, and fry it to a pale yellow; pour off the oil and add a dessert-spoonful of curry powder and a teaspoonful of flour, and fry a little. Moisten with 1 gill of stock or water, and boil for a few minutes. Skin the sardines and place them on a buttered gratin dish, pour the sauce over them, besprinkle with bread-crumbs and oiled butter, and place them in a hot oven for a few minutes. Then serve with a plate of boiled rice.

### **Curried Fish Croquettes.**

Remove the skin and bones from any kind of cold white fish; put the pieces of fish in a basin. To each half-pound of fish add one ounce of butter, two ounces of bread-crumbs or cooked rice, and one teaspoonful of curry powder. Season with salt and pepper, and a little chopped lemon rind, then moisten with sauce and a well beaten egg. Mix all together, and shape into neat croquettes, cork or ball shapes, dip them in egg, roll in bread-crumbs and grated cheese, place in a wire basket and fry to a golden colour in hot fat, take up, drain, and dish up. Garnish with fried parsley and serve.

### **Curried Prawns.**

Skin about fifty prawns, fry a small minced onion in two ounces of butter, stir in one ounce of flour, and one dessert-spoonful of curry powder, and fry a little, then moisten with half a pint of milk, and let it boil for ten minutes. Season to taste and strain. Add the prawns, and the juice of half a lemon, and boil gently for another ten minutes. Dish up in the centre of a border of boiled rice.

### **Salmon Timbales.**

Take  $\frac{3}{4}$  lb. cold salmon free from skin and bones, 1 oz. butter, 2 table-spoonfuls milk or cream, 4 oz.

bread-crumbs, 3 eggs, a teaspoonful lemon juice, a pinch of ground mace, a pinch of cayenne pepper, salt, parsley, and Hollandaise sauce.

Break up the fish as small as possible, put it in a basin, and work it to a cream with a fork or wooden spoon, adding by degrees the butter, previously warmed, and the cream. Separate the yolks of eggs from the whites, stir in the former and whisk the latter to a stiff froth. Season the mixture with the above-named ingredients, salt, cayenne, mace, and lemon juice; mix in carefully the beaten whites of eggs. Fill some buttered timbale or dariole moulds with the mixture, poach them in the oven for about 30 minutes, unmould, dish up, sauce over with Hollandaise sauce, garnish with parsley, and serve.

### **Scrambled Scallops.**

Take 6-8 scallops (cleaned),  $\frac{1}{2}$  pint milk, 2 eggs,  $1\frac{1}{2}$  ounces butter, 2 table-spoonfuls cream, salt and pepper, a slice of toasted bread.

Boil the scallops in the milk, the latter should be slightly salted and contain a slice of onion, and half a bay-leaf. When done, pour off the milk, remove the onion and bay-leaf, and chop the scallops not too finely. Beat up the eggs, add to them the cream, season to taste, and mix thoroughly. Melt the butter in a stew-pan, add to it the minced scallop, and heat up over the fire, stir in the eggs, etc., and continue to stir over the fire until the eggs begin to thicken, and become set. Have ready a slice of toast, neatly trimmed, and dish up. Pour the mixture on to this, and serve hot.

### **Scallops of Turbot with Cream Sauce.**

For this dish use the remains of boiled turbot, remove the skin and bones, and break into flakes. Butter as many scallop shells as may be required, put a table-spoonful of white sauce in each. Arrange a layer of turbot on this, season to taste and continue thus until each shell is full, mask the top of each with white sauce; sprinkle with white bread-crumbs, and grated Parmesan or Gruyère cheese; put a tiny piece of butter here and there on top of each. Place the shells on a baking tin, and cook in a hot oven for 20 minutes. The top should be of a nice golden brown. Dish up on a folded napkin, garnish with fresh parsley and serve.

### **Smoked Fish Fritters.**

Fillet some smoked fish, such as bloater, haddock, salmon, or kippered herring ; cut them into small pieces, season with white pepper mixed with a little curry powder. Dip each piece into some prepared frying batter, fry in hot fat until crisp and of a nice colour, drain well on a cloth, dish up on a folded napkin or dish paper, garnish with fried parsley, and serve.

### **Fish Fritters.**

Prepare a batter with 4 oz. of sifted flour, 2 yolks and 1 whole egg, 2 table-spoonfuls of olive oil, and a gill of tepid water, and beat up well. The batter should be like thick cream. Stir in about  $\frac{3}{4}$  lb. of cold white fish, such as whiting, fresh haddock, cod, or plaice, free from skin and bones. Drop the mixture from a table-spoon into very hot fat, and fry to a golden colour, drain, dish up, garnish with half slices of lemon and parsley, and serve hot.

### **Scalloped Oysters.**

Thoroughly wash and drain some small scallop shells, and butter them when dry. Allow 3-4 oysters for each shell, remove the beards, and place them in the shells with alternate layers of béchamel sauce or other white sauce and cream ; season with salt and pepper ; spread a table-spoonful of sauce over the top of each, sprinkle with bread-crumbs, and place a few tiny bits of butter ~~on~~ <sup>in</sup> the centre and there on the surface. Bake in a sharp oven for 10 minutes. Dish up, garnish to taste, and serve hot.

### **Fish Salad in Aspic.**

Mask the inside of a charlotte mould with well flavoured aspic jelly ; decorate it with small sprigs of fennel, then line with slices of tunny fish (this can be obtained in glass from most grocers). Fill the mould with a salad composed of cold fish (shredded), and cold boiled vegetables, such as carrot, cucumber, peas and beans ; the former should be cut into small shapes. Season with a mayonnaise sauce, and mix with sufficient aspic to set the salad. Place the mould when filled on the ice till set, then turn out on a dish and serve.

### **Kidneys à l'Indienne.**

Fry in a small stew-pan a finely minced shallot in  $\frac{1}{2}$  oz. of butter to a golden brown ; then add a gill



of brown sauce and stir over the fire till it boils. Now add a teaspoonful of mixed mustard, the same quantity of Chili vinegar, and a dessert-spoonful of chopped chutney. Reduce a little and strain. Skin six sheep's kidneys and split them in the usual way, remove the cores and dip them into warm butter, then dredge them with flour seasoned with a little curry powder. Melt 2 oz. of butter in an omelet pan and fry the kidneys. Remove them directly they are done, and drain them. Dish up on rounds of hot buttered toast, and fill the centre of the kidneys with the prepared sauce, put a little finely chopped gherkin on the top of each. Dish up, garnished with sprigs of parsley, and serve hot.

### **Bacon with Brussels Sprouts.**

Fry about 12 thin slices of streaky bacon in a frying pan; when done take up and keep hot. Put into the same pan about a pound of cold cooked Brussels sprouts (well drained), and fry them in the bacon fat. Season with salt and pepper and toss them a little. Put the sprouts into a hot buttered pudding basin, then unmould on to a hot dish, surround with the fried bacon, and serve.

### **Chicken Cromeskie.**

Take  $\frac{1}{2}$  lb. of cooked chicken, 2 oz. cooked ham (lean), 2 oz. cooked tongue, 4 large preserved mushrooms, seasoning, about a gill of white sauce, 1 yolk of egg, 6-8 thin slices of streaky bacon, batter for frying, and clarified fat.

Free the meat from skin, gristle, and bone. Chop up rather small, or cut into very small dice the chicken, ham, tongue, and mushrooms. Heat up the sauce, stir in the above, season to taste with pepper, nutmeg, etc., and let the whole get thoroughly hot. Put in the egg yolk, stir again, and spread the mixture on to a plate or dish. When cool, make up into small even-sized rolls, or cork shapes, wrap each into a thin slice of bacon. Next dip each into frying batter so as to thoroughly coat same, then drop into hot fat, and fry to a golden colour. Drain well, dish up and serve.

### **Eggs on Toast.**

This is a very simple dish, in fact nothing more than baked eggs set in rounds or rings of toasted bread. The dish is often called "Ox-Eyes."

Cut some slices of stale white or brown bread and

toast them to a nice light brown colour. Stamp out as many rounds as are required, cut out the centre with a smaller cutter so as to form rings of toast. Spread a little fresh butter over each ring, and place them on a well buttered fireproof dish. Break an egg carefully into each ring of toast, season with a little salt and pepper, pour about a dessert-spoonful of fresh cream round each egg. Put the dish in a slow gas oven until the white of egg begins to set. Send the dish to table as hot as possible. Great care must be taken that the eggs do not get over-cooked, and above all that the yolks are not disturbed during the process of cooking.

### **Buttered Eggs.**

Take 3 eggs, 1 table-spoonful milk, buttered toast,  $1\frac{1}{2}$  oz. butter, salt and pepper.

Break the eggs into a basin, add sufficient salt and pepper to taste; beat up with a fork so as to thoroughly mix the whites with the yolks, put the butter into a small stew-pan, add the eggs and milk, stir over the gas until the mixture begins to thicken and is hot through (it must on no account be allowed to boil). Have ready a slice of hot buttered toast, put this on a hot dish or plate. Put the egg mixture on to this, garnish with a few sprigs of parsley, or sprinkle over with chopped parsley, and serve quickly.

### **Scrambled Eggs with Mushrooms.**

Take 3 to 4 eggs, 8 small preserved mushrooms, or an equal quantity of fresh ones, 1 oz. butter, salt, pepper and cayenne, a slice of buttered toast.

If fresh mushrooms are used, wash and peel them, chop them finely, and fry in a little butter. Break the eggs into a basin, whisk up well, and pour into a stew-pan. Chop the preserved mushrooms finely, or add the fresh mushrooms prepared as above stated, add the butter, season to taste with salt and pepper and a tiny pinch of cayenne. Stir over a brisk gas burner with a wooden spoon until the eggs, etc., are lightly set. Have the toast neatly trimmed ready on a hot plate or dish, dress the egg mixture on top of the toast, and send to table immediately.

### **Eggs à la Salamandre.**

Cut or stamp out the required number of rounds of stale bread about  $2\frac{1}{2}$  inches in diameter. Fry

these nicely in butter. Poach the required number of small fresh eggs, trim them to the same size as the bread croûtons, place one on each of these, season with Nepaul or cayenne pepper, and cover thickly with grated Gruyère cheese. Pour a little oiled butter over each egg, and place them on a baking sheet. Brown them under a red-hot salamander, or place under the grill so as to brown the surface quickly. Dish up and serve immediately.

### **Eggs with Mushrooms.**

Poach the required number of eggs, trim each neatly, and place on squares or rounds of fried or toasted bread. Pour over each a table-spoonful of white sauce mixed with finely chopped preserved mushrooms. Dish up and serve hot.

### **Eggs with Shrimp Cream.**

Poach the required number of eggs, trim them or stamp out and place each on a round of toasted buttered bread. Dish up and pour over each a rich white sauce mixed with shrimp paste and a few drops of anchovy essence.

### **Stuffed Eggs, Tartare Sauce.**

Take 4 hard-boiled eggs,  $\frac{1}{2}$  ounce butter, 2 raw yolks, 1 teaspoonful tarragon vinegar, 1 teaspoonful chili vinegar,  $\frac{1}{2}$  teaspoonful malt vinegar, 2 teaspoonfuls anchovy essence,  $\frac{1}{2}$  teaspoonful Worcester sauce, 1 gill salad oil, 1 teaspoonful chopped gherkins, 1 teaspoonful chopped capers, seasoning, round fried croûtons.

Mix the yolks with the butter, anchovy, Worcester sauce, and season the mixture carefully. Replace the mixture in the halves of the eggs, and make them stand by cutting off a little from the bottom to make them flat. Stand each half-egg on a croûton, and pour a spoonful of Tartare sauce over each. Serve with salad arranged round.

### **Savoury Omelet.**

Take 6 eggs, 1 table-spoonful of cream or milk, salt and pepper,  $1\frac{1}{2}$  oz. butter, 1 small shallot, 1 table-spoonful chopped parsley.

Break the eggs into a basin; add the milk or cream, the chopped parsley, and enough pepper and salt to taste. Beat up well. Peel and chop finely the shallot, fry it in an omelet pan to a golden colour in the butter, then stir in the beaten eggs, etc.

Continue to stir over the fire until the mixture begins to set, then roll up into cushion shape ; allow the omelet to get a nice golden colour, and turn out quickly on to a hot dish and serve.

NOTE.—The shallot may be omitted if the flavour is not cared for.

### **Ham Omelet.**

Proceed the same as directed for savoury omelet, adding about 4 oz. of finely chopped cooked ham in place of the parsley. The ham may, if liked, be fried in the butter for a few seconds, prior to adding the eggs.

### **Cheese Omelet.**

Proceed the same as directed for savoury omelet, adding 2 to 3 table-spoonfuls of finely grated Cheddar or Gruyère cheese in place of the chopped parsley, and omitting the shallot. When dished up, sprinkle a little grated cheese over the omelet.

### **Kidney Omelet.**

Take 5 eggs, 2 small sheep's kidneys, 1 shallot, 2 oz. butter, 1 table-spoonful milk or cream, 1 tea-spoonful flour, 2 table-spoonfuls gravy, seasoning.

Break the eggs into a basin and beat up well. Skin the kidneys and slice them very finely. Melt an ounce of butter in an omelet pan ; when hot put in the shallot, previously peeled and minced, fry a few seconds, then put in the kidneys ; toss them over the fire for 4 minutes. Season with salt and pepper, sprinkle over the flour, shake the pan so as to mix the last-named ingredients. Moisten with the gravy, reheat and keep hot. Season the eggs, add the cream or milk. Melt the remainder of butter in an omelet pan, pour in the mixture, and make an omelet in the usual way ; when ready to fold put the kidney in the centre, then fold in and shape neatly ; colour the omelet and turn out on to a hot oblong dish, pour the gravy round the base of the omelet, and serve at once.

### **Potato Omelet.**

Cut into slices 3-4 cold potatoes, toss them in butter, season, and fry a golden brown colour. Beat up 6 eggs, add a table-spoonful of milk and a dessert-spoonful of chopped parsley. Season with salt and pepper and pour into an omelet pan containing 1½ oz. butter previously heated. Stir over

a bright fire with a fork until the mixture begins to set ; tilt up the pan and put in the prepared potatoes, fold over both ends of the omelet, let it take colour and turn out on a hot dish.

### **Macaroni au Gratin.**

$\frac{1}{4}$  lb. small macaroni (spaghetti), 2 oz. butter, 2 oz. grated cheese, 1 gill stock, 1 gill milk, a dessert-spoonful flour, bread-crumbs, 1 bay-leaf, 1 slice of onion, salt, and pepper.

Break up the macaroni into short pieces, put them in a stew-pan, containing enough boiling water, slightly salted, to well cover the macaroni, and boil fast for twenty minutes ; drain and cool them. Boil the stock and milk with the bay-leaf and onion. Melt the butter in a stew-pan, add the flour, and cook for a few minutes, stir, without browning. Now add the boiled milk and stock (strained) ; stir till it boils, put in the macaroni and the cheese. Mix well and season to taste with salt and pepper. Fill a well buttered gratin or pie-dish with this preparation, sprinkle over with bread-crumbs and grated cheese, put a few tiny bits of butter here and there on top, and bake in a moderate oven for 15 minutes. Serve in the dish in which it is cooked.

### **Savoury Macaroni with Ham.**

$\frac{1}{2}$  lb. macaroni or spaghetti, 4-6 oz. lean cooked ham, 1 oz. butter, 1 oz. grated Parmesan or Gruyère cheese,  $\frac{1}{2}$  gill cream, salt and pepper, fried bread-crumbs.

Break the macaroni into short pieces, drop them into fast boiling, slightly salted water, and cook till tender ; drain, and cool. Chop the ham rather finely. Put the butter in a stew-pan, add the macaroni, and stir over the fire for a few minutes ; when hot add the grated cheese and a little stock (if handy) ; lastly, moisten with the cream. Spread a layer of this on a well buttered gratin or ordinary fireproof dish. Sprinkle a layer of chopped ham on this, and proceed thus until the macaroni and ham are used up. Season with pepper. Cover the surface with a few fried bread-crumbs, and bake for ten minutes in a quick oven.

### **Fricassee of Eggs.**

Take 6 hard-boiled eggs,  $\frac{1}{2}$  pint béchamel or other good white sauce, salt, pepper, grated nutmeg, potato croquets for garnish.



Cut the eggs into rather thick slices and place them into a sauté-pan containing the white sauce ; add the seasoning, and cook very gently for 10 minutes, taking care that the contents of the pan do not burn. Dish up neatly, surround the base of the dish with small fried potato croquets, and serve.

### **Curried Mushrooms.**

Peel half a pound of button mushrooms, remove the stems, and wash them. Drain the mushrooms, and season them with pepper and salt. Melt about an ounce and a half of butter in a saucepan and fry the mushrooms in this for a few minutes. Pour off the fat, and add sufficient curry sauce to barely cover the mushrooms. Cook slowly for about fifteen minutes longer. Place them on rounds of crisp toast on a hot dish, pour the sauce round the dish, and send to table with a plate of plainly cooked rice.

### **Curried Cauliflower au Gratin.**

Boil a good-sized cauliflower, previously trimmed and washed in salted water. When done, drain and place on a buttered gratin dish (fireproof china or silver-plated dish), season with pepper and salt, and sauce over completely with a well reduced white sauce flavoured with a little curry powder. Sprinkle over some finely grated cheese (Parmesan or Gruyère) and bread-crumbs ; put tiny bits of butter here and there on top, and bake in a very hot oven for about ten minutes, so as to brown the surface. Serve very hot. Boiled rice should be served separately with this dish.

*Note.*—A little freshly grated cocoanut sprinkled over the cauliflower before baking is an improvement.

### **Baked Potatoes with Eggs.**

Cut some hot baked potatoes in halves lengthwise ; scoop out the soft part and put this through a sieve. For each potato add one beaten egg and mix in a basin. Season with salt and pepper, add a little melted butter, beat well, then fill the potatoes with this mixture. Put a little melted butter over each and brown in a hot oven. The mixture should be heaped loosely and piled up high in the potato cases. Dish up and serve hot.

**Tossed Egg Plant.**

Peel two egg plants (Aubergines) and cut them into half-inch slices, put them in a dish, season with salt and pepper, and pour a little olive oil over them. Let them remain in this for a few minutes, stirring them occasionally. Then put the slices on a sauté-pan and broil over a moderate fire and cook them about ten minutes. Dish up and serve hot.

**Fried Egg Plant.**

Peel the egg plant (Aubergine), cut in halves and remove the seeds, then cut into slices. Season with salt, let stand a few minutes, then put in a cloth, press gently so as to remove the moisture. Dredge with flour and put them in a frying basket, fry in hot fat till crisp. Drain before serving on a napkin on a hot dish. Dish up and send to table at once.

**Green Corn Timbales.**

Beat up 3 eggs, add a good pinch of salt, a dash of cayenne,  $\frac{1}{2}$  pint of milk, and  $\frac{1}{2}$  gill of cream, also 2 oz. of freshly grated corn. Fill with it some well buttered timbale moulds, and stand in a sauté-pan of boiling water, cover with buttered paper and bake 20 minutes. Turn out on a hot dish and serve with cream sauce, containing a little finely chopped parsley.

**Hominy with Cheese.**

Take  $\frac{1}{2}$  pint milk, 1 gill water, 2 oz. cheese (grated), 1 ounce butter, 2 table-spoonfuls hominy, salt and pepper.

Put the milk and water into a stew-pan, boil up, add the butter, and stir the hominy in gently. Cook whilst stirring over the gas for a few minutes, add the cheese, season with pepper and salt, mix well and turn into a buttered fireproof dish. Sprinkle a little more cheese and a few bread-crumbs on top, also a little oiled butter, and bake in a sharp oven till the surface is nicely browned, and serve.

*Note.*—A little made mustard may, if liked, be mixed with the hominy. Semolina or Florador can be used in place of hominy.

**Hot Breakfast Cakes.**

Take a pound of "Coombs' Eureka" or other good self-raising flour, add to it a pinch of salt, and rub in by degrees 4 oz. of butter; work this till it

resembles oatmeal, then moisten with about  $\frac{1}{2}$  pint of milk to a smooth dough, which must not be too stiff. Roll out about  $\frac{1}{4}$  inch thick, and stamp out with a two-inch paste cutter into rounds. Place on a buttered baking sheet and bake in a moderately heated oven. Split the cakes whilst hot, butter them lightly, and serve at once.

*Note.*—Clarified dripping may be used if liked in place of butter.

### **Potato Balls.**

Boil a pound of floury potatoes, then whilst hot, mash finely, or rub them through a fine sieve. Put the purée into a basin and add by degrees 2 oz. of warm butter,  $\frac{1}{2}$  gill of double cream, and the well beaten yolks of 3 eggs, add also a dessert-spoonful of chopped parsley, season with pepper and salt and mix thoroughly. Lastly, add the whites of 3 stiffly whisked eggs. Shape the mixture into balls, and fry in deep fat, in clarified butter or in olive oil. When of a golden colour, take up and drain. Dish up and serve hot.

*Note.*—Care must be taken to see that the fat, butter, or oil, is thoroughly hot before the potato balls are put in, only a few should be fried at a time.

### **Fried Parsley for Garnishing.**

Pick the stalks off the parsley, wash and drain well. When quite dry, drop it into hot fat and fry for a few seconds, take up and drain. Fried parsley should be perfectly green and crisp.

**Better than Porridge.**

**CRISP.**—Place Shredded Wheat “Biscuit” in a hot oven for a few minutes to crisp—don’t burn ; then serve. Pour on hot milk ; use sugar or salt to taste.

**SOFT.**—Dip in cold milk,\* remove at once, do not saturate ; let the milk drain out from one end, place in oven in covered dish about five minutes, and serve with milk or cream, and sugar or salt.

Or prepare a “biscuit” as above, and serve with butter or marmalade ; or with whole or stewed fruit on top, using juice as well ; or with scrambled or poached egg.

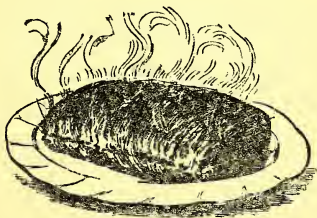
**Fruit Shortcake.**

1 lb. fresh fruit, two-thirds cup (5 oz.) granulated sugar, 6 Shredded Wheat “Biscuits,” 1 pint milk, 1 cup cream whipped or plain. Prepare the fruit, crush half, sprinkle with sugar, and set aside to cool. Split the “biscuit” lengthwise with a sharp knife. Dip the bottom half quickly in milk, drain, then cover with a layer of crushed fruit. Dip the top half of the “biscuit,” drain, and place it over the fruit. Place whole fruit on top and dress with the cream.

**Fruit in “Biscuit” Basket.**

Cut an oblong cavity in the “Shredded Wheat biscuit,” fill with crushed fruit, cover with whole fruit, sprinkle with sugar and serve with cream. Strawberries, raspberries, blackberries, bananas, peaches or any suitable fruit, may be used.

\* *Note.*—Some prefer to pour over “biscuit” two table-spoons of hot water.



SHREDDED 'WHEAT BISCUIT.

# SAVOURIES.

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## **Anchovy Fritters.**

Prepare a small quantity of frying batter, to which add 1 table-spoonful of white wine, and mix well. Cleanse, wipe and bone a dozen Gorgona anchovies, dip each into the batter, and drop them one by one into very hot fat ; fry to a nice brown colour, and drain on paper or cloth. Dish up, garnish with fried parsley, and serve.

## **Anchovy Toast.**

Melt half an ounce of butter in a stew-pan, add a teaspoonful of anchovy paste, and two yolks of eggs well beaten. Stir till quite hot, taking care not to let it boil ; pour this over some prepared hot buttered toast, dust with cayenne or paprika, and serve.

## **Anchovy Croûtes.**

Cut out 6-8 oblong slices of bread and fry to a golden colour in hot butter, drain and let cool, then spread one side of each with anchovy butter ; put half a stoned olive in the centre of each and coil round it a fillet of anchovy. Cream a little butter, put it in a cornet and ornament the edges of the croûtes. Garnish further with chopped hard-boiled white and yolk of egg, and chopped gherkins. Dish up, and serve.

## **Anchovy Pasties.**

Scrape, wipe and bone ten Gorgona anchovies ; roll out some short paste or remnants of puff paste, enclose each fish neatly in the paste and trim. Place them on a baking sheet, brush over with beaten egg, sprinkle some grated Parmesan cheese and a pinch of cayenne pepper over each ; bake in a quick oven for about ten minutes, and serve.

## **Anchovy Biscuits.**

Pound the fillets of six anchovies in a mortar with an ounce of butter, add a pinch of cayenne



pepper, a little nutmeg, and a teaspoonful of essence of anchovies ; rub through a sieve, spread some round or oblong water biscuits with the paste, place them in the oven to get quite hot ; garnish the tops with strips of filleted anchovies and capers ; dish up on a folded napkin, and serve.

### **Anchovy Fingers.**

Cut 8 or 10 finger-shaped slices of bread about four inches long and one inch wide, and fry them in clarified butter, then drain and let cool. Spread each with a layer of anchovy paste previously mixed with a little butter. Have some whipped cream seasoned with Krona pepper, put it in a forcing bag with a rose pipe, and force out some little dots on top of each anchovy finger. Dish up neatly, garnish with sprigs of parsley and serve cold.

### **Devilleed Sardines.**

Choose ten or twelve nice sardines, drain and wipe them, sprinkle with mustard and cayenne. Fry them in a little butter on both sides. Place them on fingers of buttered toast. Dish up and serve.

### **Sardine Fritters.**

Wipe off carefully the skin of twelve firm sardines (boned sardines are the best for this dish). Cut some halves of shredded wheat biscuits lengthways into fingers about the same size as the sardines, and place one sardine between two finger shapes of biscuits. Dip them carefully into frying batter, and fry in deep fat to a golden brown. Drain on paper or a cloth, sprinkle with salt and Krona or paprika pepper. Dish up, and serve hot.

### **Sardine Canapés.**

Cut some slices of bread into finger shapes, and fry them in butter to a nice golden colour. Bone twenty-four sardines, pound half the quantity in a mortar, with an ounce of butter and two yolks of eggs ; season with pepper, mustard, chopped chives, parsley and tarragon ; spread the mixture over the fried bread. Lay one of the remaining sardines on each finger, place in the oven for a few minutes, dish up, garnish with crayfish tails, slices of gherkins and pickled beetroot, and serve.

**Sardines with Cheese.**

Drain and wipe a dozen sardines, remove the bones ; dip them in oiled butter, and roll in grated cheese ; place the fillets on fried bread croûtons set them in a hot oven for a few minutes, dish up, and serve whilst they are quite hot.

**Savoury Oysters.**

Take twelve large oysters, drain them on a cloth, remove the beards, dip in oiled butter, sprinkle all over with finely powdered savoury herbs. When set and nearly cold, egg and bread-crumbs them carefully. Season the bread-crumbs with salt, pepper, and chopped parsley before crumbing. Fry in hot fat or clarified butter. Dish up on rings of lemon, garnish with fresh parsley, and serve.

**Devilled Oysters, Grilled.**

Open, drain and trim some large oysters, season with salt, pepper and plenty of cayenne. Dip them in oiled butter, put on to a gridiron and broil for about five minutes. Dish up on fried croûtons ; garnish with rings of lemon and fried parsley.

**Fried Oysters.**

Open some oysters, trim and drain them, season with pepper, dredge with flour, dip in egg and bread-crumbs. Fry a golden colour in hot fat or clarified butter, drain on a cloth, dish up on a folded napkin. Garnish with rings of lemon, sprigs of watercress or parsley, and serve.

**Broiled Oysters.**

Open, drain and trim a dozen large oysters, dry them on a cloth, dip them in oiled butter, season with white pepper, lay the oysters on a hot gridiron over a brisk fire ; brown them lightly on both sides. Dish up on small rounds of toasted bread, garnish with crisp parsley, and serve.

**Oyster Rarebit (American).**

Beard twelve oysters and keep hot in their own liquor. Split three shredded wheat biscuits into two lengthways, butter them, and toast in the oven. Melt an ounce of butter in a stew-pan, add four ounces of cheese and three egg yolks, season with salt and pepper and add the oyster liquor. Stir

over the fire till the cheese is melted, and pour over the biscuits. Place two oysters on the top of each and dish up. Serve at once.

### **Shrivelled Oysters.**

Put the liquor of eighteen oysters in a stew-pan, allow it to get cold and remove the scum. Add half an ounce of fresh butter, and put in eighteen oysters previously bearded. Season with salt and pepper, and a few drops of lemon juice. Cook covered for five minutes, and serve on rounds of buttered toast.

### **Oyster Fritters.**

Make a light batter with one ounce of flour, one yolk of egg, one dessert-spoonful of olive oil, a pinch of salt, and half a gill of milk. Beat it well, let it stand for an hour, then carefully stir in the whisked white of an egg. Beard one dozen large oysters, sprinkle over with a little lemon juice, and season with salt and pepper. Dip each oyster into the batter so as to completely cover them, then drop them one at a time into very hot clarified butter or dripping, and fry them to a light brown, take up, drain, dish up and serve hot.

### **Savoury Haddock on Toast.**

Remove the skin and bones from a par-boiled smoked haddock ; pound the flesh in a mortar, and mix with it two ounces of grated Parmesan cheese, a teaspoonful of chopped parsley, pepper and salt, and three yolks of eggs. Shape the mixture into small balls, and fry them in hot fat, drain and place on small squares of toasted or fried bread previously spread with anchovy butter. Dish up and garnish with fried parsley.

### **Haddock Fritters.**

Remove the skin and bones from a kippered haddock, cut it into pieces about an inch long, dip them in rather thick beignet or frying batter ; fry in boiling lard or fat, not too hot, as the fritters will require quite fifteen minutes to cook. When done, drain on a cloth, season with salt and a little cayenne, and serve very hot.

### **Cold Haddock Creams.**

Take half a haddock, 1 gill of aspic jelly,  $\frac{1}{2}$  pint of cream, 1 table-spoonful mayonnaise, 1 gill

tomato pulp,  $\frac{1}{2}$  oz. gelatine, tarragon and chervil, and  $\frac{1}{2}$  oz. butter.

Decorate a number of small dariole moulds (previously masked with a thin layer of aspic) with tarragon and chervil leaves. Put the haddock in the oven with a little butter on top, and cook for ten minutes; remove skin and bones and pound the fish in a mortar, rub through a sieve and let cool. Melt the gelatine in the tomato pulp. Whip the cream till stiff, add the mayonnaise sauce and the remainder of the aspic jelly; strain the tomato sauce, etc., into this, and stir gradually into the purée of haddock. Fill the moulds with this. Put them on the ice to set. Turn out on a cold dish; decorate with chopped aspic and small salad, and serve.

### **Salmon Fritters.**

Boil half a pint of water in a small stew-pan, and add an ounce of butter. When the latter is dissolved add a table-spoonful of grated cheese, and work in about an ounce of sifted flour. Stir well over the fire until the paste loosens from the sides, then add one by one three eggs and a pinch of salt. Flake some cooked salmon, season with salt and pepper, shape into small balls about the size of walnuts, dip these in the prepared batter, fry slowly in hot fat or lard until a light brown colour. Drain, dish up, and serve.

### **Devilled Smoked Salmon.**

Put some wholemeal or water biscuits into salad oil to soak for a few minutes; take up, dust with salt, cayenne, and black pepper. Toast the biscuits on both sides, and place upon the biscuits some thinly cut slices of smoked salmon; cover these with a thin layer of devilled paste or butter; place them in a hot oven for a few minutes. Dish up, and serve as hot as possible.

### **Lobster on Skewers.**

Put on a skewer alternate slices of cooked lobster, mushrooms, and truffles, egg and bread-crumb, then fry them carefully in clarified butter to a nice golden colour. Dish up and serve with Bearnaise or tomato sauce.

**Lobster à la Newburg.**

Remove the meat from a medium-sized lobster and chop it finely. Beat the yolks of two eggs and mix with half a gill of double cream, a few drops of onion juice, half a teaspoonful of salt, a saltspoonful of Krons pepper, and a grate of nutmeg. Melt an ounce of butter in a stew-pan ; when hot, put in the minced lobster, cook whilst stirring for a few minutes, then add the cream, etc. Stir continuously till it thickens, and serve out on small rounds of toasted and buttered or fried bread. Dish up, garnish with sprigs of crisp parsley, and serve.

**Scalloped Lobster.**

Chop up the meat of a large lobster, put it into a stew-pan with a little white sauce, a small piece of butter, and one ounce of anchovy paste ; season with salt, pepper, nutmeg, cayenne and lemon juice ; stir over the fire for a few minutes, mix with two yolks of eggs, fill some small scallop shells with this, sprinkle with fried bread-crumbs and oiled butter, brown with a salamander or in the oven, dish up on a folded napkin, garnish with crisped parsley, and serve.

**Lobster au Gratin.**

Split two small freshly boiled lobsters into halves, take out the meat carefully so as not to break the shells ; break the claws. Take out the meat and chop it not too finely ; put it in a stew-pan with an ounce of butter ; when hot moisten with a yolk of egg and a little white sauce, season to taste. Refill the shells of lobster, sprinkle over some bread-crumbs, a little grated cheese and oiled butter, then bake in a sharp oven for ten minutes. Dish up and serve hot.

**Canapés of Curried Crab.**

Remove the white meat and bed from the shell of a crab, pound it in a mortar with a piece of butter about the size of a walnut. Season with salt, pepper, lemon juice, nutmeg, mustard, and cayenne ; moisten with a little tarragon vinegar. Add a small handful of fried bread-crumbs. Have ready some small rounds of fried bread, scooped out in the centre to take the stuffing. Put a table-spoonful of it in the centre of each. Mask the top with a thick

curry sauce, sprinkle over with bread-crumbs, bake for a few minutes, dish up, and serve.

### **Savoury Crab with Tomato Sauce.**

Break up a boiled crab, separate all the meat from the shell and claws. Put the meat into a stew-pan with a handful of soft bread-crumbs, four table-spoonfuls of tomato sauce, the juice of half a lemon, and a little finely chopped lemon rind, season with salt and pepper, add a wineglassful of Chablis or sherry. Let all simmer over the fire, whilst stirring, for ten minutes; add a small piece of fresh butter, bring once more to the boil, then turn out on a deep dish; garnish the dish with fried bread croûtons and rings of lemon, and serve.

### **Fillets of Bloaters on Toast.**

Skin, split and bone four nice bloaters; cut into neat fillets, brush over with oiled butter, and broil over a quick fire. Have ready some freshly made toast, butter it well, and sprinkle over with grated Parmesan cheese. Cut into oblong shapes (fingers) and place a fillet on each. Bake for a few minutes in a sharp oven, then dish up and serve hot.

### **Bloater Cream Toast.**

Toast in front or over a light fire three or four slices of stale bread cut from a sandwich loaf, trim off the crust and spread over one side with bloater paste, previously mixed with a little creamed butter; then cut the toast into even-sized finger shapes about an inch wide.

Have ready some whipped cream seasoned with a good pinch of Kroma or paprika pepper, spread this over the pieces of toast; arrange some thin strips of bloater fillets across the cream in lattice-work pattern, and place a tiny caper in each of the shapes. Decorate the edge with cream forced through a forcing bag or paper cornet. Dish up on lace paper and serve.

### **Fillets of Bloaters with Cheese.**

Skin two large sized bloaters, split them down the back, remove the bones, place the fillets on a greased gridiron over, or before, the fire, and broil until nearly tender; then dip them in oiled butter, and cover with grated Parmesan cheese. Have ready some hot buttered pieces of toasted



bread, cut these in convenient shapes, put a fillet on each, put them on a dish, sprinkle with a few fried bread-crumbs, place in a hot oven for a few minutes, dish up, garnish with parsley.

### **Dutch Herring Fritters.**

Skin and fillet two smoked herrings, cut these into neat pieces, put them in a deep dish, season with pepper and lemon juice, and moisten with a little sweet oil ; prepare a smooth batter with flour, eggs and milk ; drop in the pieces of fillets, and fry them in hot fat or lard to a light brown colour. When drained, dish up on a folded napkin, garnish with fried parsley, and serve.

### **Cod's Roe on Toast.**

Cut two ounces of raw cod's roe into small pieces and put them in a saucepan with one ounce of butter, a beaten egg, two table-spoonfuls of milk, and season with salt and pepper. Stir this over a moderate fire until it commences to thicken, and then stir in a teaspoonful of Worcester sauce. Spread the mixture over slices of buttered toast. Dish up, and serve.

### **Toasted Crab.**

Prepare the crab meat the same as for Stuffed Crabs, lay it on oval pieces of toasted bread, and cover with a layer of white sauce flavoured with grated cheese and highly seasoned. Put a few drops of melted butter over the top of each, then place them on a buttered baking-sheet, and bake in a sharp oven for a few minutes. Dish up and serve.

### **Prawn Croûtes.**

Stamp out 6-8 rounds of bread, scoop out the centre of each round a little, and fry the shapes in butter to a light brown, drain on paper or cloth and let them get cool. Wash and pick a small bunch of cress and shred finely, put a little of it into each croûte. Put 2 or 3 shelled prawns on each. Next coat the surface of each with a little mayonnaise sauce, garnish each croûte with chopped truffle, dish up, and serve hot.

### **Badminton Croûtes.**

Toast some slices of bread and stamp out into rounds about 2 inches in diameter, spread with

anchovy butter, upon these put a slice of tomato. Twist an anchovy fillet and place on top of each croûte; fill the centre with finely chopped hard-boiled egg, yolk or white. Dish up, garnish with parsley and serve cold.

### **Shrimp Croûtes.**

Pound 1 gill of picked shrimps with 1 oz. butter, and  $\frac{1}{2}$  oz. anchovy paste, season with Paprika or Krona pepper. Fry some rounds of white or brown bread in butter, drain and cool. Spread one side of each croûte thickly with the preparation. Place a whole shrimp in the centre of each and garnish the edges with green herb butter. Dish up and serve cold.

### **Caviare Cassolettes.**

Cut eight round pieces of bread about an inch in diameter and half-an-inch thick. Scoop out the centre part of each and fry them in dry fat to a golden colour. Mix the contents of a small jar of *Hygienic Caviare* with a half teaspoonful of finely chopped shallot, a few drops of lemon juice, and a pinch of cayenne; fill the cassolettes or fried bread croûtes with the prepared Caviare. Dish up, garnish with sprigs of parsley, and serve.

### **Caviare Bouchées.**

Prepare six very small puff paste patty cases (*Bouchées*). These can be ordered from any high-class pastry cook; they must, however, be very small. Remove the lid, scoop out carefully the centre portion and keep hot. Peel and chop finely a small shallot and put it in a saucepan with half an ounce of butter, stir over the fire long enough to blend the shallot, put in the contents of a pot of Senn's *Hygienic Caviare*, stir gently with a wooden spoon, add two table-spoonfuls of tomato sauce (well reduced) and a few drops of lemon juice, heat up. Fill up the pastry cases with this. Dish up and put on the lids. Garnish with fried parsley, and serve hot.

### **Caviare Canapés.**

Butter some slices of toasted bread, then stamp out into rounds about one and a half inches in diameter, spread these on one side thickly with Senn's *Hygienic Caviare*, place half a stoned Spanish olive in the centre of each, put a sprig of parsley or

watercress into each olive, dish up and serve cold ; or if required to be served hot, put the rounds of toast with caviare in a hot oven for five minutes, then dish up and put the olives on them just before sending to table. In either case the dish should be garnished with neatly cut slices of lemon and hard-boiled white of egg.

### **Moscow Caviare Toast.**

Stamp out some rounds of toast about one and a half inches in diameter, spread them with fresh caviare, previously seasoned with lemon juice and a finely chopped shallot. Place a bearded oyster in the centre of each. Dish up and garnish with thin slices of lemon and parsley.

### **Deville Caviare.**

Have ready some rounds of fried bread ; drain them well, and spread one side of each with a layer of devilled butter. Upon this pile a sufficiency of hygienic caviare to well cover each croûte. Sprinkle with cayenne pepper, and insert a number of almond chips, in the form of a border, round the caviare. Place in a hot oven for a few minutes, and serve.

### **Russian Caviare Pancakes.**

With a light pancake batter make six thin pancakes, cut each in halves, and trim each piece into a triangular shape, then spread over with a thin layer of Astrachan Caviare well flavoured with lemon juice and paprika. Roll up and trim like a large cigarette. Brush over one side of each, roll with liquified meat glaze and besprinkle with chopped, baked and slightly devilled almonds. Dish up on large canapé shape of fried bread, placed on a dish with a folded napkin. Garnish with sprigs of parsley and sections of lemon. Serve hot.

### **Caviare Croûtes.**

Half a small pot of Hygienic Caviare, 1 teaspoonful lemon juice, 1 dessert-spoonful of sweet oil, 1 finely chopped shallot, 6 heart-shaped slices of bread, butter for frying, fresh butter, parsley and slices of lemon.

Mix the caviare with the lemon juice, oil and shallot, using a wooden fork or wooden skewer.

Prepare the slices of bread, fry them in butter, drain and cool. Spread over one side of each with the prepared caviare. Cream some fresh butter, and put it in a forcing bag or paper cornet. Garnish the border of each with the butter. Dish them up pointed ends inwards, on a folded napkin on a dish. Garnish with sprigs of fresh parsley and thin slices of lemon.

### **Alexandra Croûtes.**

Pound in a mortar 3 yolks of hard-boiled eggs, 2 oz. of tunny fish, and mix with two table-spoonfuls of cream ; season with lemon juice, salt and pepper, and rub through a fine sieve. With this paste spread 8 oval-shaped croûtes of Triscuits, previously fried in clarified butter and well drained on paper. Garnish each croûte or canapé with thinly cut fillets of lax arranged lattice-work fashion. Stamp out some little spots of Spanish pimiento, dip them in liquid aspic and put them in the cavities of the croûtes. Dish up on lace paper. Garnish with sprigs of fresh parsley and serve.

### **Cornwall Toast.**

Mince finely 3 or 4 cup mushrooms, previously peeled, washed and drained. Heat up  $\frac{1}{2}$  oz. of butter and fry the mushrooms in this ; season with salt and pepper. Broil 6-8 very thinly cut rashers of streaky bacon, have ready three slices of toasted bread, spread these with the minced mushrooms and cut them into 6-8 oblongs the same size as the bacon. Place the bacon on top of each and put a table-spoonful of scrambled eggs upon the bacon. Dish up and send to table very hot.

### **Milanese Macaroni Tartlets.**

Cut some cooked macaroni into  $\frac{1}{2}$ -inch pieces, and fry them lightly in butter, then add a little cream and béchamel sauce, just enough to bind it ; season to taste with salt and paprika, add some grated Parmesan or Gruyère cheese and then fill into baked tartlet crusts.

Sprinkle over some chopped truffles and a few drops of liquid meat extract or Lemco. Heat up tartlet in the oven, dish up and serve hot.

### **Game Fritters.**

Take about a pound of meat from any kind of roast game—grouse, pheasant, partridge, etc.—

freed from skin, bone and gristle, chop up finely with six preserved mushrooms, three peeled shallots, and the thin rind of half a lemon. Season with salt, pepper, grated nutmeg, sweet thyme and marjoram; mix thoroughly, then add three or four eggs, cook long enough to bind the mixture, and let cool. Make up into convenient size shapes, dip in prepared light batter, and fry in hot fat or clarified butter. Drain well, dish up on a folded napkin, and garnish with fried parsley.

### **Game Boulettes.**

For these prepare a mixture the same as for 'Game Fritters.' Make it up into ball shapes of uniform size. Egg and crumb them in the usual way and fry in hot fat. Drain the fritters, then dish up, and serve with a boat of tartare sauce.

### **Deville'd Chicken Liver.**

Pound the livers of two turkeys or three fowls, mix it with a teaspoonful of prepared mustard, salt, cayenne, a table-spoonful of anchovy essence, and a little butter; work it into a smooth paste, rub through a sieve, spread on hot buttered toast. Place it in a very sharp oven for a few minutes to get thoroughly hot, and cut it into convenient pieces; dish up, garnish with parsley, and serve.

### **Deville'd Chicken Croûtes.**

Cut out twelve small rounds of bread, about half an inch deep, stamp out the centre with a small plain cutter, and scoop out as much of the crumbly part as possible. Fry these in clarified butter, and drain on a cloth. Cut into shreds six ounces of cold chicken meat and two ounces of ham or tongue; put it into a stew-pan with half an ounce of butter, a teaspoonful of chopped parsley, a pinch of curry powder, and a dust of cayenne pepper. Heat the mixture over the fire, fill the croûtes, glaze the tops with dissolved meat glaze, put them in a hot oven for a few seconds, dish up, and serve.

### **Frizzled Beef on Toast.**

Cut some hung beef (Hamburg or dried beef) into very thin slices of uniform size; blanch and drain. Melt enough butter in a frying or sauté-pan, and in it toss the slices over a quick fire. Serve on toasted and buttered bread.

**Tongue Toast.**

Chop finely the remains of a tongue (four to six ounces), mix with it the yolk of an egg, a little cream, season with a little salt, pepper, chopped parsley, and grated nutmeg; heat up in a stew-pan. Spread this over some slices of hot buttered toast, sprinkle with bread-crumbs, cut the slices into fingers of equal sizes, let them brown before the fire, or in a hot oven. Dish up on a folded napkin, or dish paper, garnish with parsley, and serve.

**Ham Toast.**

Mince finely a quarter of a pound of lean ham, mix with it half an ounce of butter and two yolks of eggs, season with pepper and a little cayenne. Stir the mixture over the fire in a stew-pan until it sets, then spread (pyramidal form) some slices of buttered toast with the mixture, cut the toast in convenient pieces, dish up, and serve hot.

**Bedford Toast.**

Cut three or four slices of stale bread of uniform size, toast them nicely and trim them neatly. Cut enough very thin slices of ham that will cover the slices of toast; butter one side of the latter, place the ham upon this toast. Spread over rather freely with a mixture of bread-crumbs, chopped parsley, butter and grated cheese. Place the toast in a hot oven for about five minutes to brown the surface. Dish up and serve quickly.

**Curried Toast.**

Toast four slices of bread cut from a sandwich loaf, trim off the crusts and butter each slice; then spread with a mixture composed of equal proportions of curry or mulligatawny paste and anchovy or bloater paste. Cut the prepared toast into fingers, range them on a dish and bake in a hot oven for a few minutes, long enough to heat them; then serve.

**Brochettes.**

Stamp out some round slices of cooked meat, such as beef, ham, chicken, etc., about a quarter of an inch thick; fasten these on skewers with alternate rounds of fat bacon. Grill them over a bright fire. Serve on toasted bread spread with devilled butter.



**Artichokes au Gratin.**

Slice up some cooked Jerusalem artichokes and range them on a buttered gratin dish with alternate layers of grated cheese and béchamel sauce ; sprinkle the top with bread-crumbs and grated Parmesan. Add a little butter here and there and bake in a sharp oven till browned.

**Artichokes with Foie-gras.**

Drain some artichoke bottoms (cooked) and fill them with a purée of foie-gras and truffles ; coat well with a rich well reduced white sauce, sprinkle with bread-crumbs and brown in the oven.

**Artichoke Fritters.**

Cut some cooked artichoke bottoms into slices, and season with oil, vinegar, salt and pepper, and chopped parsley. Dip the pieces (drained) in frying batter. Fry in hot fat. Drain well, then dish up and serve hot.

**Artichoke Soufflés.**

Mix a pound of Jerusalem artichoke purée with one of bread-crumbs, the yolks of four eggs ; season with mustard, salt and pepper, and stir in the stiff whites of two eggs. Drop in spoonfuls into hot fat and fry to a golden brown, or the mixture may be put into small soufflé cases and be baked in sharp oven from ten to fifteen minutes.

**Devilled Artichoke Chips.**

Peel some Jerusalem artichokes, cut them into very thin slices (chips), place in salted water flavoured with lemon juice for about an hour. Take up, drain, and dry, then fry a few at a time in very hot deep fat. Drain well and season with fine salt cayenne or nepaul pepper.

**Brussels-sprouts Fritters.**

Choose some small firm Brussels sprouts, wash and trim them neatly, and soak in cold water (salted). Boil them in fast boiling water containing a small piece of soda, and salt to taste. When three-parts done, take up, then drain, and let cool. Cover each with a thin layer of sausage meat, then dip in frying batter or egg and crumbs, and fry in hot fat. Drain and dish up.

**Potato Bonne-Bouches.**

Cut some lean cooked ham into thin slices ; stamp these out into rounds about an inch and a half in diameter. Spread over both sides with a layer of prepared mashed potatoes, dip them in egg and bread-crumbs or frying batter ; fry them in hot fat or butter to a light brown colour ; drain on a cloth, dish up, and serve hot.

**Devilled Mushrooms in Cases.**

Wipe and peel six cup mushrooms, cut them into small dice and toss in butter. Butter some soufflé paper cases, lay a thin slice of lemon in each, three-parts fill with mushrooms, and season to taste. Spread a layer of potted devilled meat, mixed with a yolk of egg, over the mushrooms ; brush over with oiled butter, and bake for fifteen minutes. Just before dishing up put a tablespoonful of stiff mayonnaise sauce on top of each case, sprinkle with cayenne, and serve quickly.

**Mushrooms on Toast.**

Choose twelve cut mushrooms, cut off the root ends, peel them, dip in butter and grill them. Season with pepper and salt. Have ready twelve rounds of toasted bread, a trifle larger than [mushrooms ; butter these well, place a thin slice of lemon on each, dress the mushrooms on them, dish up, garnish with sprigs of parsley or watercress, and serve.

**Mushroom Croûtes.**

Cut some slices of white bread, stamp out rounds or oblongs with a fancy or plain cutter, fry them in butter to a golden colour, and drain. Have ready a pint of button mushrooms, peeled and fried in butter ; also a mixture of finely chopped beef and ham, moistened with a rich brown sauce. When quite hot, spread the mixture over the croûtes, place a mushroom on each ; season with pepper, salt, cayenne, and a little lemon juice. Place them in a hot oven for a few minutes, dish up, garnish with fried parsley, and serve.

**Devilled Olives.**

Stone some large Spanish olives, stuff them with anchovy paste. Spread some small whole-meal or charcoal biscuits with anchovy paste,

brush over with oiled butter ; place the olives in circular rows on the biscuits (three or four on each), season with pepper and plenty of cayenne. Place them on a buttered sauté-pan in the oven for ten minutes, and dish up on a folded napkin. Garnish with parsley, and serve very hot.

### **Savoury Peas with Ham.**

Boil and drain a quart of young peas ; mince coarsely two rashers of raw ham, and fry for five minutes with a small piece of butter. Add two small green onions, finely minced, and the peas ; moisten with three table-spoonfuls of bêcheamel sauce, two of cream, and season with salt, pepper, and a pinch of castor sugar. Let all simmer for a few minutes longer, turn out on a dish, garnish with croûtons, and serve.

### **Mushroom Tartlets.**

Stir 3 yolks of eggs into  $\frac{1}{2}$  pint of hot mushroom purée ; whisk stiffly the whites of 2 eggs, and add them to this, season with salt, pepper, and a pinch of cayenne.

Fill up some baked tartlet crusts with this preparation and bake in a moderate oven for about 10 minutes.

### **Tomatoes with Cheese.**

Slice some tomatoes, season them with pepper and salt. Dip the slices into white of egg, and crumb with grated Parmesan cheese. Place the slices on a buttered baking sheet or sauté-pan, cover them with a piece of buttered paper, and bake for fifteen minutes. Have ready some macaroni, broken up small, and cooked in seasoned milk. Dress the macaroni in the shape of a border on a dish, and pile up the baked tomatoes in the centre ; sprinkle over the border some finely chopped parsley, garnish with small fried bread croûtons, and serve.

### **Tomatoes on Toast.**

Cut six ripe tomatoes into thick slices, put these in a single layer in a buttered sauté-pan or baking-tin, season with pepper and salt and a little lemon juice ; sprinkle with white bread-crumbs, put a small piece of butter on each of the slices, and bake in a hot oven for fifteen minutes. Prepare some neatly shaped pieces of buttered toast, dress the

baked tomatoes upon these, dish up, and sauce over with the gravy left in the pan.

### **Tomato Fritters.**

Cut some peeled tomatoes into slices, season with pepper and salt, spread some potted meat, or forcemeat of tongue, ham, beef, or game, on one slice, cover with another. Dip the slices in a light batter, place them gently in a frying basket, and fry in hot fat. Drain, and dish up neatly. Garnish with fried parsley, and serve.

### **Tomatoes à l'Americaine.**

Take four large tomatoes, put them in boiling water for two minutes, remove the skin and place on the ice; then cut an opening in each tomato, leaving it thick at the bottom; fill with celery mayonnaise (the celery being cut into very fine shreds), put a few cooked green peas on top and garnish with a few small lettuce leaves. Dish up and serve cold.

### **Tomato Savoury.**

Take 3 or 4 ripe tomatoes, 3 hard-boiled eggs, 24 fillets of anchovy, 12 rounds of brown bread, 2 oz. butter, chopped parsley.

Scald the tomatoes and remove the skin. Cut them into round slices. Place each slice on to neatly cut slices of brown bread, cut out with a round pastry cutter, and spread with butter. Put a slice of hard-boiled egg on to the tomato, and cross two fillets of anchovy over each one. Sprinkle a little chopped parsley on the top, and serve as a cold savoury.

### **Salsify Fritters.**

Prepare the salsify by scraping them and cook them in salted water. When done drain them on a cloth, put the pieces in a basin with two table-spoonfuls of olive oil to one of vinegar. Season with pepper and grated nutmeg; allow them to remain in this seasoning for an hour. Take out, drain, and dip them in frying batter; fry them in hot fat. Drain, and dish up on a folded napkin, garnish with fried parsley, and serve hot.

### **Fried Eggs on Rice Croûtes.**

Wash 4 oz. of Patna rice and cook it in seasoned stock till tender; it must be reduced to a fairly

firm texture and seasoned rather liberally with paprika. Spread it on a greased dish and set to cool. Stamp out six or more rounds by means of a paste cutter, then egg and crumb them, and fry the rounds of rice in clarified butter. Melt  $\frac{1}{2}$  oz. butter in a frying or large omelet pan, break in six fresh eggs, season with salt and pepper and fry till just set, then cut out the eggs with a paste cutter and place each on the prepared croûtes. Dish up, garnish with parsley, and serve. The rice croûtes can be baked crisp in the oven if liked.

### **Egg and Ham Tit-bits.**

Line ten or twelve small tartlet moulds with puff paste trimmings or plain paste crust ; fill these with the following preparation :—

Mince four ounces of cooked ham and three hard-boiled eggs finely. Mix with three yolks of raw eggs a little cream, and season with salt, pepper and grated nutmeg. Fill up moulds and bake the patties in a moderately hot oven, dish up and serve with some piquante or tomato sauce.

### **Eggs à l'Orly.**

These are egg fritters prepared by dipping, *i.e.*, coating neatly, poached eggs, well trimmed and drained, into a frying batter. Then drop each carefully into hot fat and fry to a golden colour, drain on a cloth or paper. Dish up and serve with a well seasoned tomato sauce.

### **Stuffed Eggs with Spinach.**

Boil six eggs for ten minutes, peel them, cut them in halves crossways, stamp out the centre with a half-inch cutter. Cut out some croûtons about the size of the base of an egg and fry them in clarified butter ; have ready some cooked and seasoned spinach purée and enriched with cream. Cook for a few minutes whilst stirring, fill the egg-halves with spinach, close the top with the pieces cut out, and place each, cut side down, on a croûton. Dish up, garnish with the yolk, minced coarsely, and thin slices of tongue. Serve with a little brown sauce.

### **Egg Coquilles.**

Butter the inside of 8 china soufflé cases, put a table-spoonful of prepared and seasoned spinach in

each; upon this put about a dessert-spoonful of cream. Break a fresh egg in each, season with pepper and salt, place the cases on a baking sheet and bake in a moderately heated oven for about 8 minutes. Dish up, and serve quickly.

### **Norfolk Eggs.**

Cut four hard-boiled shelled eggs into halves lengthways, dredge them lightly with seasoned flour. Dip each half in beaten egg and roll in soft white bread-crumbs or Panurette. Fry in clarified butter, drain, dish up, and serve with a rich tomato or brown sauce.

### **Egg Tartlets.**

Line some tartlet moulds with short crust or puff paste, prick the paste with a fork, fill with uncooked rice or dried peas, and bake in a moderate oven. Remove contents of tartlets and place crusts on a sieve to cool. Next poach as many eggs as there are tartlet crusts, trim each egg very neatly as near as possible to the shape of the tartlets. Have ready some Hollandaise sauce; into this incorporate a table-spoonful of spinach purée, some finely chopped tarragon and chervil. Dress each egg into a tartlet crust, and sauce over carefully with the above sauce. Reheat in a sharp oven just a few minutes. Dish up quickly, and serve hot. A tiny pinch of paprika or Krona pepper seasoning put in the centre of the tartlets will improve the dish.

### **Savoury Egg Custard.**

Mix a table-spoonful of Lemco with half a gill of hot water, beat up four yolks of eggs and add to the above. Boil up a gill of milk and stir into the eggs, etc. Season with salt and pepper, and strain into a buttered pie-dish. Place this in a sauté-pan or baking dish containing a little hot water, cover with buttered paper, and cook in a hot oven for about twenty minutes. When done dish up and serve hot.

### **Savoury Egg Croûtes.**

Whisk up three eggs with a table-spoonful of milk, add 2 oz. of Gruyère or Parmesan cheese. Stir in a saucepan over the fire until the mixture begins to set. Spread it on small pieces of buttered toast,



which may be previously spread with anchovy paste or potted meat. Dish up and serve hot.

### **Cheese Biscuits.**

Take  $\frac{1}{2}$  lb. flour (sifted),  $\frac{1}{4}$  lb. butter, 1 yolk of egg,  $\frac{1}{4}$  teaspoonful paprika pepper, 6 oz. butter, and 6 oz. grated Parmesan or Gruyère cheese.

Mix the flour and cheese in a basin, rub in the butter, then add the pepper and mix with the egg-yolk, and if necessary a few drops of water to form a smooth paste. Roll out on a floured board about  $\frac{1}{4}$  inch in thickness, stamp out some rounds or ovals, place them on a buttered baking sheet, prick them with the prongs of a fork, and bake in a sharp oven for about ten minutes.

### **Cheese Soufflés.**

Melt 1 oz. of butter in a saucepan, stir in  $\frac{3}{4}$  oz. of flour, and smooth; then add  $\frac{1}{2}$  gill of milk; stir until boiling, then add 2 oz. grated Gruyère cheese, the yolks of two eggs, and season to taste. Whisk the whites of two eggs to a stiff froth and stir in lightly. Pour into small china or paper soufflé cases (previously buttered) and bake at once in a hot oven for about 20 minutes.

### **Cheese Straws.**

Mix 4 oz. of flour with 2 oz. grated Parmesan and Gruyère cheese in a basin, rub in 2 oz. of butter, add a pinch of cayenne, then moisten with two table-spoonfuls of cream and work into a smooth paste. Roll out the paste about a quarter of an inch thick, cut it into even-sized long narrow strips or fingers, place them on a buttered baking tin, and bake in a fairly hot oven for about 10 minutes. Tie up into small bundles with white or red ribbon, and serve hot or cold.

### **Cheese Aigrettes.**

Melt  $\frac{1}{2}$  oz. of butter in a saucepan, add  $1\frac{1}{2}$  oz. of flour stir over the fire and add 1 gill of milk, 2 table-spoonfuls of water. Stir till it boils, and work to a smooth paste, adding three yolks of eggs. Fold in when cooled the whisked white of one egg, season to taste, and add 2 oz. grated Gruyère cheese. Drop the mixture from a dessert-spoon into hot fat or clarified butter, and fry to a light brown colour. Drain, dish up and serve at once.

**Cheese Croûtes.**

Fry in butter a dozen thin round slices of bread and drain them. Mix 4 oz. grated Gruyère and Parmesan cheese with two table-spoonfuls of cream, one table-spoonful of grated horseradish, and a salt-spoonful of paprika pepper, flavoured with a few drops of tarragon vinegar, and spread this rather thinly on one side of the croûtes. Place them on a buttered baking sheet and put in a hot oven, for five minutes. Dish up, garnish with thin slices of lemon and sprigs of parsley and serve hot.

**Cheese Rolls.**

Mix 4 oz. of grated Gruyère cheese with 2 oz. of soft bread-crumbs and  $\frac{1}{4}$  gill of cream into a smooth paste, add the yolks of two eggs and a pinch of paprika or cayenne, and stir over the fire for a few minutes—long enough to heat the mixture. Turn on to a buttered plate and let cool. Make up into small, even-sized rolls (cork shapes). Dip each in the beaten white of egg or thin frying batter, and fry in hot fat to a delicate brown. Take up, drain them well, dish up and serve hot.

**Cheese Darioles.**

Whip up  $\frac{1}{2}$  pint of cream and mix it with  $\frac{1}{4}$  pint of semi-liquid aspic, and 4 oz. grated Gruyère cheese. Season with cayenne or paprika pepper and a little made mustard. When well mixed fill the required number of small paper or china dariole or soufflé cases. Place these on the ice to set. Before serving sprinkle over each a little grated cheese.

**Swiss Cheese Fondue.**

Cut 4 oz. of Gruyère cheese into thin slices and put it with  $\frac{1}{2}$  gill of cream in a saucepan (casserole), with 1 oz. of butter, and mix all together and stir on a clear fire until it commences to boil, then stir in the yolks of two eggs. Reheat and serve quickly.

**Cheese Cream.**

Beat up three eggs and mix with a pint of boiling milk, then stir over the fire until thick and cream-like, but avoid letting it boil. Then add 2 oz. of grated Gruyère cheese. Reheat this a second time, then fill into soufflé cups and serve.

**Baked Cheese Ramequin.**

Stir two yolks of eggs into 1 gill of cream, and mix with 4 oz. of grated Gruyère cheese and season with salt and pepper. Whisk the whites of two eggs, and mix with the above. Fry about 6 slices of bread in hot butter, and put them into several buttered fireproof china pans or dishes. Pour over the prepared mixture and bake in a hot oven to a golden brown.

**Cheese Puffs.**

Grate 2 oz. Gruyère cheese, put it into a basin and mix with it a teaspoonful of grated horse-radish, a pinch of cayenne, the white of an egg whisked stiffly; stir in enough fine bread-crumbs to bind the mixture. Make this up into small balls and fry them in deep, very hot fat to a golden colour. Take up, drain, dish up and serve hot.

**Cheese Custard.**

Boil up a pint of milk, adding to it a pinch of salt; beat up two fresh eggs and stir them into the hot milk. Grate 2 oz. of Gruyère cheese, and mix with the above. Pour the mixture into a buttered pie-dish and bake in a moderately heated oven for about  $\frac{1}{2}$  an hour. Serve hot with plain water cracker biscuits.

**Welsh Rarebit.**

Take 4 oz. of Cheddar or Gruyère cheese, half teacupful of milk, one egg, salt, three slices toasted and buttered bread.

Cut up the cheese small, free from rind, put it with the milk in a saucepan, stir till the cheese is quite dissolved, add a pinch of salt. When hot stir in the egg previously beaten up, continue to stir till the mixture is smooth, but do not allow it to boil. Have ready the toasted bread, butter one side and place it on a hot dish. Pour over the cheese mixture and serve hot.

**Golden Buck.**

Grate or chop  $\frac{1}{2}$  lb. of Cheddar cheese. Put in a saucepan  $\frac{1}{2}$  gill of water or ale, or—if you prefer it—cider; add the cheese, half a teaspoonful of salt, a dash of cayenne, a teaspoonful of onion juice, and stir with a wooden spoon, over the fire, until it becomes smooth and creamy; then stir in one yolk of egg. Pour hot on pieces of buttered toast placed on a hot dish, and serve.

**American Golden Buck.**

Proceed the same as directed for Welsh rarebit, poach the required number of eggs, neatly trimmed, and place one on top of each portion. Some cooks prefer to use only the yolks of eggs for poaching purposes, as this makes a neater-looking portion. Put a tiny pinch of paprika or cayenne pepper in the centre of each egg just before serving.

**Cheese Fingers.**

Cut four ounces of Cheddar cheese free from rind into small shreds, put into a fireproof stone-ware saucepan with one ounce of butter and a table-spoonful of milk. Season with pepper and a very little salt, and stir till melted and cream-like. Cut three or four slices of buttered toasted bread into fingers, range them on a dish, pour the melted cheese mixture over carefully, and serve.

**Egg and Cheese Toast.**

Pound the yolks of two hard-boiled eggs with 1 oz. of butter, and add 2 oz. grated Cheddar or Gruyère cheese; add salt and cayenne to taste, also a little mustard. Cut some buttered toast into rounds or squares, spread the mixture thickly on them and brown them in a sharp oven. Dish up and serve hot.

**Woodcock Toast.**

Take  $\frac{1}{2}$  lb. of chicken or duck livers, 2 small Gorgona anchovies,  $\frac{1}{2}$  teaspoonful castor sugar, 1 oz. butter,  $\frac{1}{4}$  of a teaspoonful spiced pepper, (paprika or Krona pepper), a pinch of salt, 3 yolks of eggs, and about  $\frac{1}{2}$  a gill of cream.

Wash and clean the livers, removing carefully any gall that may be left on, drain them on a cloth and pound till quite fine in a mortar. Bone and skin the anchovies and pound them to a paste. Mix all thoroughly and add the butter, sugar and seasoning, rub through a fine sieve and incorporate the egg yolks and half the above-mentioned quantity of cream. Stir this in a chafing dish until it is sufficiently cooked, have ready a plate or small dish with a piece of buttered toast. Just before serving add a little more cream and seasoning if needed, pour the mixture over the toast, garnish with fried parsley, and serve hot.

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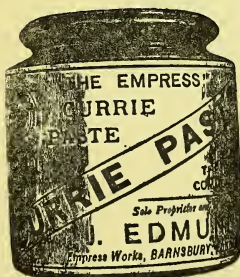
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## Curried Dishes.

The average "plain cook," as a rule, knows but of one way to curry anything, and that way is often badly done.

It can be safely asserted that there are as many different methods of preparing curries as there are ways of cooking potatoes. These methods differ not only in the amount of flavouring ingredients used, but also in the actual cooking processes which the materials to be curried must undergo. For example, a dish of curried eggs can be prepared in three totally distinct ways; again, raw meat should not be treated the same as in the case of cooked meat, though it is freely admitted by many that, of the many ways of doing up cold meat, a curry is by far the nicest.

Of the distinctive curries made, the brown, the white, the moist, and the dry, form the principal varieties.

In making a curry, one of the chief points to its success is undoubtedly the sauce and the rice, without which no curry is complete.

With regard to curry powders and pastes, it should be noted that it is not sufficient to merely add these to a meat, egg, or vegetable dish at the last moment. The curry must be thoroughly fried or cooked with the food material used for a curried dish.

### Curry at its Best.

Curry, as a dish, is of immemorial use in India. Its constituents vary much according to the part of India. They are not always made with hot spices; some are quite mild. The word "Curry" is derived from the native term (*i.e.*, Tamil term) *Kari*, which they use to express the leaf of a plant belonging to the orange tribe, whose botanical name is *Murraya Kænigii*, or in another form, *Murraya Exotica*. This leaf always forms an integral part of Tamil curries. Hence the English term has been borrowed from the South Indian word.

It has been said that there are a thousand curries, varying according to their ingredients, their proportions to each other, and the mode of their preparation. Not only are there fish curries, meat



curries, vegetable curries, curries wet and curries dry, curries hot and curries sweet, curries simple and curries spiced, but the flavouring condiments differ widely. In India there are at least three separate classes of curry, the Bengal, the Madras, and the Bombay—worthy rivals in the pursuit of an all-important art.

The Madras curry is of the purest and the best classical period—the high old curry, made perfect.

The Bengal artist is greatest in fish and vegetable curries.

Bombay boasts of its peculiar gifts in its *bone-lon* fish and its *popedoms*.

When preparing a curry the main point is the sauce ; if that is good the material with which it is served is quite a minor matter.

### White Curry.

When making sauce for a white curry, such as is needed for fish, rabbit, eggs, rice, or certain vegetables, the flavouring vegetables should be cut up small and tossed in  $1\frac{1}{2}$  ounces of butter, without allowing them to get brown. Then add one dessert-spoonful of curry powder, which must be of a very light colour (there are light and dark curry powders obtainable). Stir in half-ounce of flour, and cook this a little, again without browning. Moisten with half pint of white stock, and one gill of milk, and cook for about 15 minutes, season to taste and strain. A little cream added at the last is a great improvement.

Curries are prepared from all kinds of materials—chicken, rabbit, mutton, lamb, beef, veal, and fish, especially white fish ; eggs, many vegetables, notably potatoes, carrots, celery, cauliflower, marrows, cucumber, haricot beans, broad beans, peas, tomatoes, etc.

The rice served with a curry should be well cooked in plenty of fast boiling, salted water ; it is then drained and dried ; each grain should be practically separate, and the rice should be almost dry. To ascertain if the rice is done the grains must be soft to the touch, but it must not be sticky, which would indicate that it has been cooked too much. As soon as the rice is sufficiently cooked, pour off the water and put it in a colander ; then pour over one or two lots of cold water, cover it with a cloth, and put it to dry in a warm place. Whilst



drying it should be gently stirred up with a wooden spoon to separate the grains.

### **Curry Sauce.**

Peel and slice a small onion, scrape and slice a small carrot, fry both together in 1 oz. of butter ; when the onion has acquired a light brown colour add one table-spoonful of Empress curry powder and stir for a few minutes. Next add a small peeled and chopped apple, moisten with half a gill of tomato pulp, and a gill of brown sauce, allow to boil for a few minutes. Season to taste, and pass it through a fine strainer and reheat.

### **Brown Curry Sauce.**

Peel and slice a small onion, scrape and slice a small carrot, and fry both in an ounce of butter till nicely browned, then add a heaped-up table-spoonful of best curry powder, blend this with the above and fry a little. Next add a small peeled and chopped apple, a gill of good brown sauce, and two ripe tomatoes cut up small. Bring this to the boil, and cook gently for about 20 minutes, stirring occasionally. Remove the fat and strain the sauce ; then reheat, and use as required.

### **To boil Rice for Curry.**

Boil up about a quart of water in a stewpan, then put in it 4 oz. best Carolina or Patna rice, add a dessert-spoonful of salt and the juice of a lemon, stir, and allow the rice to boil rapidly for about 15 minutes, keeping the pan uncovered. Pour off the water and drain the rice on a wire sieve, and set to dry near the stove or fire. It is important that the grains of rice should be well separated.

### **Fish Curry.**

Peel two small onions, two shallots, and slice them finely. Fry lightly in 2 oz. butter. Add about a pound of cooked fish, cut into small pieces or shreds, sprinkle over a little flour, and fry a light brown. Add one teaspoonful of curry powder, fry a little longer, and add a table-spoonful of flour. Moisten with four table-spoonfuls of cream, and a little stock or milk ; season with salt and mixed spice, and cook gently for half an hour, then add two table-spoonfuls of lemon pickle, dish up, and serve.

**Curried Fish.**

1 lb. cooked fish (fresh haddock, cod or whiting), 1 pint fish stock or water, 1 oz. butter, 1 tea-spoonful Empress curry powder,  $\frac{1}{2}$  small onion, 1 dessert-spoonful flour, 1 small apple, 1 gill milk, pepper, salt, lemon-juice, 3 oz. boiled rice.

Cut the apple into small pieces, chop the onion, and fry in the butter a golden colour ; add the curry powder and flour, and fry for a few minutes. Stir in gradually the fish stock and milk, season with salt and pepper, and boil up, and add a little lemon juice. Strain the sauce, return to the saucepan, put in the fish divided into small pieces, and allow it to get thoroughly hot. Dress the boiled rice in a border on a hot dish, put the curried fish in the centre, and serve.

**Curried Whitebait.**

Prepare whitebait in the usual way, by cooking them in a frying basket in very hot fat for two or three minutes, then drain on kitchen paper, and sprinkle them with salt, and Empress curry powder.

**Smoked Fish Fritters.**

Fillet some smoked fish, such as bloater, haddock, salmon, or kippered herring ; cut the fillets into small portions, season with pepper and Empress curry powder. Dip each piece into some prepared frying batter, fry in hot fat to a golden colour, drain well on a cloth, dish up on a folded napkin, garnish with fried parsley, and serve.

**Curried Crab.**

Remove the meat from a good-sized crab, including that of the claws ; dredge it with a very little mustard and Krona pepper, and put it on a plate. Melt an ounce or more of butter in a stewpan. Add half a peeled and finely chopped onion, a minced shallot, and half an apple peeled, cored, and chopped. Fry for a few minutes, and then add the crab, and fry for another five minutes. Drain off the fat from the crab mixture, and add half a pint of curry sauce, and allow the whole to simmer gently for about 15 minutes. Dish up on a hot dish with a border of well boiled rice.

**Curried Smoked Cod's Roe.**

Cut into small slices half a pound of smoked cod's roe. Chop finely half a small peeled onion and one

shallot, fry these in two ounces of butter to a golden colour, add a dessert-spoonful of Madras curry powder, and fry a little. Moisten with half a gill of tomato sauce, mix well, put the slices of cod's roe in this, and cook for a few minutes. Place this nicely on toasted or fried pieces of bread, decorate with the yolk of a hard-boiled egg passed through a sieve and chopped gherkin. Dish up, and serve hot.

### **Capsicum Shrimp Curry.**

Peel and chop finely an onion, chop also one green pepper, fry both in 2 oz. of butter to a light brown, then add one clove of garlic, crushed finely, and half-pint of boiled, well drained rice, moisten with a gill of veal or chicken stock, and season with salt. Now stir in half a pint or more of pickled shrimps, and mix well. When thoroughly hot, dish up neatly and serve.

By way of a change the above mixture can be filled with green peppers or capsicums, previously prepared for stuffing. When stuffed, place them in a hot oven, and bake for about fifteen minutes.

### **Indian Kedgeree.**

Remove the bones and skin from half a pound of cold fish (salmon, turbot, cod, etc.) ; chop finely a small peeled onion, and fry it in a stewpan with an ounce of butter to a light brown. Stir in  $\frac{1}{2}$  ounce of finely desiccated cocoanut, add half a pint of milk and the pieces of fish, and a hard-boiled egg chopped coarsely ; season to taste. Cook whilst stirring for fifteen minutes, then add a dessert-spoonful of curry paste, and two teaspoonfuls of boiled rice. Mix well together and cook for another 10 minutes. Dish up, and serve with some freshly toasted bread, or toasted water biscuits.

### **Madras Prawn Curry.**

Fry a finely minced onion in two ounces of butter in a stewpan, put in two dozen picked prawns, season with salt and pepper and curry powder, mix and keep hot. Put a handful of washed spinach in a stewpan, let it stew down with a little butter, but without the addition of water. When tender, rub it through a sieve, put it to the prawns. Let all simmer for a few minutes, then dish up, garnish with croûtons of fried bread, and serve.

**Oyster Fritters, Indian style.**

Heat up two dozen large oysters in their own juice, but do not let them boil ; drain them, sprinkle over with curry powder and a pinch of Nepaul pepper. Have ready some chicken forcemeat, spread over carefully each side of the oysters, then dip in some frying batter, and fry in clarified butter for about five minutes. Dish up in a pile, garnish with fried parsley, and serve.

**Curried Prawns.**

Take two to three dozen prawns, one small onion sliced, one ounce of flour, two ounces of butter, the juice of half a lemon, half-pint of milk, one dessert-spoonful of Empress curry powder. Skin the prawns, fry the onion with the butter, stir in the flour, and fry a little, then add the milk, and let it boil for ten minutes ; next add lemon juice, and lastly the prawns. Cook for another five minutes. Dish up neatly, and serve with plain boiled rice.

**Kabobed Eel.**

Wash and skin one large eel, cut it into pieces about two inches long. Slice a small Spanish onion, place a piece of eel alternately with a slice of onion, a small piece of green ginger, and a piece of red chilli on skewers, and proceed thus until the eel is used up. Mince finely two shallots, fry them a little in butter ; add three cloves, a bay leaf, and a few cardamom seeds. Dredge all with mixed spice and curry powder, and place in the stewpan with the shallots, butter, etc. Allow it to fry gently until tender. Dish up in a pyramidal form, and serve with curry sauce and boiled rice.

**Sardines à l'Indienne.**

Drain twelve sardines so as to free them from the oil, chop finely a shallot, and fry it in one ounce of butter or oil, then a dessert-spoonful of Empress curry powder and a teaspoonful of flour ; fry a little, and stir in about  $1\frac{1}{2}$  gills of water, and boil for ten minutes. Skin the sardines, and place them on a buttered gratin dish, pour over the sauce, sprinkle with bread-crumbs and oiled butter, and place them in a hot oven for a few minutes. Serve with fingers of toasted bread.

**Curried Turbot.**

Cut 1½ lb. of turbot into fillets, season with salt, and dip each into flour, then fry them in butter, and keep hot. Fry until brown also a peeled and minced onion, with a little parsley, and marjoram, then add a table-spoonful of Empress curry powder and a teaspoonful of lemon juice, add this to the fish, cook all for about 15 minutes. Dish up, and serve with nicely cooked rice.

**Curried Lobster with Beans.**

Split and crack a large lobster, remove the meat, and cut into neat pieces, chop a clove of garlic and a small onion, pound these in a mortar with a table-spoonful of finely shredded cocoanut, a dessert-spoonful of curry powder, an ounce of butter; work this to a paste. Put into a stewpan with 2 oz. of butter, 1 oz. of flour; make a white roux, moisten with a gill of cream, and add the pounded ingredients. Mix thoroughly, and put in the lobster, and add ½ pint of cooked haricot or flageolet beans. Stew gently for about half an hour, lastly add a little lemon juice, serve with a border of rice.

**Curried Anchovy Croûtons.**

Soak six Gorgona anchovies in cold water, drain, wipe and bone them, and pound in a mortar till smooth with an ounce of butter, a tea-spoonful of Empress curry powder or curry paste. Mix with the yolk of a raw egg. Put this in a stewpan, and stir over the fire until hot. Have ready some rounds of fried bread, spread these over with anchovy paste, cover with the prepared mixture, and dust with Krona pepper. Dish up; just before serving place the dish in a sharp oven for a few minutes. Garnish with fresh parsley, and serve.

**Indian Kabobs.**

Cut into thin slices two large onions, also two large peeled and cored apples, eight slices of streaky bacon, and eight even-sized pieces of lean mutton or veal. The pieces should be round, and about two inches in diameter. Lay them out flat, and sprinkle with curry powder, a little ground ginger, and salt. Fasten each piece of meat on skewers, with alternate slices of onion, bacon, and apple. Wrap them in buttered paper, and either bake them in the oven or roast in front of the fire.

They will take about half an hour to cook. Remove the skewers, and dish up the kabobs in the centre of a border of boiled rice. Pour over some hot curry sauce, and serve.

### **Curried Venison.**

Slice one or two sour cooking apples, without peeling them, fry them in one ounce of butter with half a Spanish onion cut into rings, add also one red carrot scraped and cut into round slices. When slightly browned, drain and put in a stewpan, with a small bouquet of savoury herbs ; moisten with half a pint of mutton broth, and stew the vegetables until tender. Rub all through a fine wire sieve. Mix half a table-spoonful of curry powder with half an ounce of butter, put it into a stewpan with a dessert-spoonful of lime or lemon juice ; now add the vegetable purée, a teaspoonful of red-currant jelly, and a little more mutton broth, if necessary, to form the consistency of a nice sauce. Stir the sauce over the fire, have ready some slices of cooked venison, lay them in the sauce ; stew gently for about twenty minutes. Season with pepper and salt to taste. Dish up, garnish round the dish with rings of lemon, croûtons of fried bread, and fried apple rings.

### **Bombay Rabbit Pie.**

Skin a rabbit, cut it up into neat joints, wipe them with a damp cloth, and parboil in seasoned water. Drain the pieces, and place them in a pie-dish with alternate layers of sliced tomatoes, sliced hard-boiled eggs, and sliced Spanish onion. Season with salt, curry powder, cayenne pepper, a very small piece of finely chopped garlic, and two finely chopped green chillies ; add also two cloves, and about half a pint of stock or gravy. Cover with short crust or puff paste, ornament the top, brush over with beaten egg, and bake in a moderately heated oven for about an hour and a half.

### **Quoorma.** (*Mutton Curry.*)

Peel and slice thinly two large onions, fry these to a light brown colour in three ounces of butter, sprinkle in a table-spoonful of flour, a teaspoonful of pounded coriander seeds, half a teaspoonful each of powdered cardamon and cloves, and a teaspoonful of turmeric powder ; stir and cook for about ten

minutes. Then add two cloves of crushed garlic, and moisten with about a pint of veal or mutton stock, and cook gently for twenty minutes, then strain.

Put into this sauce one pound of mutton cut into inch square pieces (previously marinaded for two hours in a bowl with salt, and one dessert-spoonful of powdered ginger); let it simmer slowly until tender. Lastly add a gill of cream, two or three table-spoonfuls of cocoanut or almond milk, and the juice of a lime, or that of half a lemon.

### **Mutton Curry.**

Chop fine, twelve sweet and two bitter almonds, and fry in butter with a small finely chopped onion. When light brown, add a table-spoonful of flour, and one of curry powder; moisten with a pint of good stock, and add a table-spoonful of currant jelly. Allow the sauce to boil for 20 minutes, then put in about 1 lb. of cooked lean mutton, cut into neat pieces (cube shapes) and cook from 20 to 30 minutes; season to taste, and serve with boiled rice.

### **Beef Curry.**

Proceed the same as directed in the foregoing recipe, but use cold beef in place of mutton, and add a table-spoonful of apple purée to the sauce before cooking the meat in it.

### **Bengal Lamb Curry.**

Cut two pounds of lean lamb into 1 inch square pieces, season with salt and curry powder. Melt 2 oz. of butter in a stewpan. When hot, put in the meat, with two peeled and sliced onions, a clove of crushed garlic, and a tiny bunch of savoury herbs. Stew until all liquid has evaporated, then besprinkle with a table-spoonful of flour. Moisten with  $1\frac{1}{2}$  pints of meat stock, add one table-spoonful of grated cocoanut, and the juice of a small lemon, and serve with plain boiled rice.

### **Kubab.**

Trim a loin or neck of mutton, free it from fat and bones. cut it into inch square pieces, and arrange them alternately with thin slices of bacon, one peeled and sliced onion and a little green ginger; fry these in 2 oz. of butter, then drain and cook gently in a curry sauce (see page 57), which should be rather liquid to start with, as it will thicken during the process of cooking. Dish up, and serve with plain boiled rice.



**Moli.**

This dish is usually made with either cooked fish or cooked fowl. If fish be used, fish stock should be used for making the sauce.

Fry a peeled and thinly sliced onion, a little shredded green peppers, a few slices of ginger and one clove of garlic, in 1 oz. of hot butter in a stew-pan. Then stir in one table-spoonful of flour to make a roux, and moisten with either chicken or fish stock; season to taste, and add a little turmeric powder. Heat in this sauce the fish or fowl, cut into small pieces or slices. A few minutes before serving, add a little lemon juice and some desiccated or finely shredded fresh cocoanut. Dish up, and serve with plain boiled rice.

**Curried Ox Tongue.**

Cut rather thickly six or more slices of cooked ox tongue, fry them a little in about an ounce of butter, season with pepper, and sprinkle over a tea-spoonful of Empress curry powder, add a few chopped mushrooms, and a gill of brown sauce. Simmer gently for about ten minutes. Cut a French dinner roll into slices, and toast them lightly on both sides; then dip them in beaten egg, and fry them in clarified butter, and drain. Dish up the slices of tongue alternately with the fried slices of bread, pour the sauce round the base of the dish, and serve with a dish of plain boiled rice.

**Madras Kidney Toast.**

Skin three large sheep's kidneys, cut them long-ways into slices, and fasten upon skewers. Season with salt, pepper, and a pinch of Nepaul or cayenne pepper; dip them in well beaten egg, and roll them in fresh bread-crumbs mixed with a little grated lemon rind. Broil them carefully in a little butter in a frying-pan over the fire. Have ready some crisp, well buttered toast; spread it over with a thin layer of Empress curry paste. Cut the toast into convenient pieces, remove the skewers, and place the kidneys upon the toast. Slices of grilled ham, or bacon, served with this dish are a great improvement.

**Hossynu Kubab.**

Fasten upon small silver skewers alternately slices of apples and cooked meat (beef or mutton),

cut into round slices ; between each apple and meat skewer a slice of onion. Sprinkle the kubabs with curry, cayenne, and ground turmeric, and fry them in clarified butter. Drain, dish up, and serve with plain boiled rice.

### **Curried Chicken.**

One tender chicken, 1 small onion, 2 oz. butter, 1 clove of garlic, 1 table-spoonful vinegar, 1 dessert-spoonful Empress curry powder, 1 table-spoonful brown curry paste, 2 in. whole cinnamon, 3 cloves, 3 cardamoms, 1 oz. freshly grated or desiccated cocoanut, 1½ gills stock, salt, ½ pint tomato purée.

Peel and wash the garlic, soak in the vinegar. Cut the chicken into small joints, melt the butter, and put in the pieces of chicken with the onion, peeled and minced finely ; fry until the latter are of a very pale brown colour. Stir in the curry powder ; let it fry also for a few minutes. Next add the cardamoms, cinnamon, and cloves ; mix the garlic vinegar with the curry paste, and stir into the above ; moisten with the tomato purée. Cook for about 10 minutes. Then add the cocoanut, and lastly the stock. Season with salt to taste, and let simmer gently for about 40 minutes. Dish up the chicken, strain over the sauce, and serve with plain boiled rice handed round separately.

### **West Indian Mulligatawny.**

Cut a small chicken into neat pieces : peel and mince finely a small onion ; cut two ounces of lean mutton into small pieces ; dissolve two ounces of butter in a stewpan, add the onion and fry a little, then add the chicken and mutton. Let the whole brown for five minutes, add two ounces of rice, two slices of egg plant, one teaspoonful of curry powder, and one green apple cored and cut very small. Season with salt, black pepper, and Nepaul pepper. Moisten with a quart of chicken or mutton stock, and simmer for about an hour. When ready for serving add twelve blanched and bearded oysters, and the juice of half a lemon. Dish up, and serve hot.

### **Chicken Curried (Another way).**

Cut up a chicken into neat joints, season with salt, and fry in 2 oz. of butter, with a peeled and finely sliced onion. Sprinkle over a table-spoonful

of Empress curry powder, and a table-spoonful of flour, moisten with a pint of veal stock, stir and let boil gently for 15 minutes. Then add a table-spoonful of currant jelly, the grated rind of half an orange, and a table-spoonful of lemon juice. Cook for another 20 minutes, just before serving add  $\frac{1}{2}$  gill of almond milk. Serve with plain boiled rice.

### **Cold Chicken Curry.**

1 lb. cooked chicken, 2 oz. butter, 1 onion, 1 table-spoonful curry powder,  $\frac{1}{2}$  apple, 1 dessert-spoonful flour, 1 table-spoonful grated fresh or desiccated cocoanut,  $\frac{1}{2}$  pint milk, 1 teaspoonful castor sugar, 1 lemon, 1 gill cream.

Bone and skin the chicken, and cut the meat into small portions or dice shapes. Heat the butter in a stewpan, peel and chop the onion finely, and fry to a light brown. Add the chicken, the apple chopped small, and toss for a few moments, without allowing the onion to colour any more. Mix the curry powder, flour and cocoanut, add milk, to a smooth paste, pour into the stewpan, and stir until it boils, then let it cook gently for about 40 minutes or longer. Add the sugar to taste, also the juice of a lemon, and lastly mix in the cream, when cold. Place on the ice for 1 hour. Dish up neatly in the centre of the dish, with a border of cooked rice, and garnish with a few strips of pimienta and lemon slices.

### **Vegetable Curry.**

Trim and wash a head of white celery, cut it into inch pieces, and fry it in two ounces of butter with a small minced onion. Then put all in a stewpan, with a cupful of good gravy, stew gently until tender and mix with about a pound of cooked sprouts or broccoli. Have ready a small quantity of hot mashed potatoes, seasoned with curry sauce and salt. Arrange this in the shape of a border on a hot dish, dress the vegetable stew in the centre, and serve.

### **Vegetable Curry (Another way).**

$\frac{1}{2}$  lb. French beans, 1 small onion and 1 small apple, all cut small, 2 oz. of chopped ham, 1 chilli cut small, 1 table-spoonful of Empress curry powder, 1 gill of cocoanut milk, and 2 cardamoms.

Put all the ingredients together into a stewpan, season, and cook slowly for about one hour. When ready to serve, thicken with a little grated cocoanut and milk.

**Curried Mushrooms.**

Peel half a pound of button mushrooms, remove the stems, and wash them. Drain the mushrooms, and season them with pepper and salt. Melt about an ounce and a half of butter in a saucepan, and fry the mushrooms in this for a few minutes. Pour off the fat, and add sufficient curry sauce (see page 57) to barely cover the mushrooms. Cook slowly for about fifteen minutes longer. Dress them on slices of crisp toast placed on a dish, pour the sauce round the dish, and send to table with a plate of plainly cooked rice.

**White Cabbage Curry.**

Shred the white parts of a firm cabbage; peel and slice a large sour apple; slice two small peeled onions, and fry them in butter. Place the cabbage, apple and onions in a stewpan; season with cayenne, black pepper, and salt, add one teaspoonful of curry powder, and a little turmeric. Moisten with the juice of half a lemon, and half-pint of gravy; cover it closely, and cook gently for about half an hour, stirring occasionally until tender. Dish up in a border of plain rice.

**Curried Artichoke Bottoms.**

Cut an Indian mango into shreds; peel and chop finely two small onions; put both into a stewpan with an ounce of butter. Place eight or more artichoke bottoms, neatly trimmed, on top of these ingredients, moisten with rich curry sauce, and cook gently over the fire for half an hour. Have ready some boiled rice, shape a border on a dish; dress up the artichokes in a pyramidal form in the centre of the dish. Reheat the sauce, and pour over artichokes.

**Bengal Potato Curry.**

Cut up four small peeled onions, pound them in a mortar, together with a teaspoonful of coriander seed, free from husks, a pinch of cayenne pepper, two ounces of finely grated cocoanut, and a little salt. Dissolve two ounces of butter in a stewpan over the fire, put in one teaspoonful of curry powder, and a little turmeric; let it fry for a few minutes, then add half a pint of curds, and the pounded ingredients. Boil up, and put in about a pound of sliced cold potatoes; moisten with a little gravy to prevent it from burning. Let it simmer for fifteen minutes; dish up, and serve hot.

### **Curried Spinach.**

Pick and wash two pounds of spinach, and cook it with very little water till tender ; drain it in a colander so as to extract the water, then rub it through a fine sieve. Fry a level dessert-spoonful of Empress curry powder in an ounce of butter, add a dessert-spoonful of finely minced onions, and stir in the spinach purée. Sprinkle a dessert-spoonful of flour over the spinach, and incorporate this with two table-spoonfuls of cream. Let the whole cook slowly for about fifteen minutes ; if too thick at the end of this time, add a little gravy or milk. Dish up on toasted buttered bread, and cut into portions. Garnish the dish with picked crayfish or prawns, and send it to table with plain boiled rice. If liked, a handful of picked shrimps may be mixed with the spinach before it is dished up.

### **Curried Broad Beans.**

Boil about  $1\frac{1}{2}$  pints of shelled broad beans in plenty of slightly salted water till tender (boil fast all the time). Drain the beans and remove the skin, and keep hot. Plunge four ripe tomatoes into boiling water for a moment, skin them, cut them into slices, and toss them in butter in a frying-pan ; season with salt and pepper, and moisten with a little curry sauce. Dish up these neatly on a dish surrounded by a border of plainly boiled rice, pile the broad beans in the centre, sprinkle over with finely chopped parsley, and a pinch of paprika pepper, and send to table at once.

### **Curried Carrots.**

Braise a bunch of young carrots, and let them get cold. Prepare a rich curry sauce (p. 57) and have ready two hard-boiled eggs cut into slices. Cut the carrots in halves, and lay them with the sliced eggs in the curry sauce, then heat them up gradually. Make a wall of nicely boiled rice in a dish, garnish with strips of chillies, and fill up the centre with the carrot and curry mixture.

### **Curried Celery Fritters.**

2 heads of white celery,  $\frac{1}{4}$  pint thick béchamel or other good white sauce, 1 dessert-spoonful of Empress currie paste, frying batter, fine salt, a teaspoonful curry powder, stock, frying fat.

Wash and clean the celery, cut it into 2-inch pieces, and cook till tender in stock or salted water. Drain the pieces on a sieve. When cold, toss them in the white sauce, previously mixed with the curry paste. The pieces must be thoroughly coated with sauce. Dip each piece of celery into frying batter, drop into hot fat, and fry to a golden colour. Drain on a cloth or paper, sprinkle with fine salt mixed with a little curry powder (just enough to colour it), dish up on a folded napkin, and send to table immediately.

NOTE.—Asparagus, cucumber, or vegetable marrow may be cooked in the same manner.

### **Dal Curry.** (*Curried Lentils.*)

Boil  $\frac{1}{2}$  pint of lentils in one quart of water till quite soft and pulpy; set them aside. Cut up a small onion into thin rings, fry it in an ounce of butter, and add to it a well prepared curry sauce; then put in the lentils, allow to boil for about twenty minutes, and serve with a dish of plain boiled rice.

### **Buttered Eggs, Indian style.**

Boil three eggs until hard, peel and cut them into slices. Beat up two raw eggs, season with salt and pepper. Pour this in a buttered, deep silver or china dish, and lay in the slices of hard-boiled eggs, and a few small bits of butter. Dredge with curry powder and cayenne, and bake in a moderate oven for about ten minutes, and send to table in the same dish.

### **Curried Eggs à la Madras.**

Boil six eggs until hard, peel them, and put in cold water until required. Mince half a small onion, fry with a little fresh butter. Add a dessert-spoonful of Empress curry powder, a finely minced sour apple, three to four chopped Brazil nuts, or six sweet almonds. Mix an ounce of cornflour with a pint of milk. Stir into the above. Let it simmer for fifteen minutes. Stir from time to time. If too thick, add a little white stock. Cut the eggs in halves, and lay them in the sauce to get thoroughly hot through. Dish up the eggs neatly in a deep dish, strain the sauce over them, garnish with small bread croûtons and lemon rings.

### **Curried Eggs.**

Take the required number of hard-boiled eggs, cut each in half, remove the yolks, pound them in a



mortar, and mix with sufficient well seasoned white sauce to form a smooth paste ; add Empress curry paste to taste, and a small piece of butter. Refill the whites of the eggs with the mixture, smooth it over with a knife, and cover each half thickly with some cooked rice, mixed with butter, and seasoned with salt, pepper, and nutmeg. Lightly flour them, dip into beaten egg, and roll in bread-crumbs, and fry them in hot fat. Dish up, and serve hot or cold.

### **Curry Omelet.**

6 eggs, 2 small shallots, 2 oz. fresh butter, 1 table-spoonful cream or milk, 1 oz. rice cooked in white stock, salt and pepper, curry sauce, 1 dessert-spoonful of sliced Empress mango chutney.

Break the eggs into a basin, add the cream or milk, season to taste, and beat up so as to mix the yolks and whites of eggs thoroughly. Peel and chop finely the shallots, fry them to a light colour in a little butter in an omelet pan ; add the remainder of the butter. As soon as the butter is melted (not oily), pour in the beaten eggs, and stir quickly over a brisk fire till the mixture begins to set ; then shape it into cushion form on one side of the pan. Fill the centre of the omelet with cooked and rich-flavoured rice, mix into it the chutney finely chopped, and a little curry sauce. Fold the omelet, allow it to get a nice golden brown, and turn it out carefully on an oblong dish. Pour some curry sauce (see page 57), previously heated, round the base of the dish, and serve quickly.

### **Curried Haricots and Eggs.**

1 pint of cooked haricot beans, 2 hard-boiled eggs, 2 oz. butter, 2 small onions, half a sour apple, 1 table-spoonful ground rice,  $\frac{1}{2}$  pint stock, 1 table-spoonful Empress curry powder, 1 table-spoonful curry paste,  $\frac{1}{2}$  table-spoonful grated cocoanut, 1 lemon.

Melt the butter in a stewpan, add the chopped onions and apple, fry lightly for a few minutes, then add the rice, curry powder and paste. Cook for five minutes. Now stir in the haricot beans, add the stock also the eggs chopped. Add the juice of a lemon, and the cocoanut, season to taste ; make the whole thoroughly hot in the prepared sauce. Serve in a border of well cooked rice, garnished with slices of lemon and parsley.



**Indian Bhaurta.**

Boil in white stock two small peeled onions, and chop them finely ; mix this with about a pound of mashed potatoes, an ounce of butter, and season to taste with salt and pepper. Butter a border or other mould, sprinkle it with a mixture of fine bread-crumbs and curry powder. Fill the mould with the above, and bake in a moderate oven for about 20 minutes. Turn out on a hot dish, and serve with curry sauce. (See page 57.)

**Madras Hard Eggs.**

Slice thinly a large peeled onion, put it in a stewpan with an ounce of butter, and fry until light brown. Take out the onion slices, add a dessert-spoonful of Empress curry powder and fry it in the butter in the stewpan. Stir in a teaspoonful of curds, and a table-spoonful of flour. Cook for a few minutes, and moisten with a pint of gravy. Stir and let it boil for ten minutes ; then add four hard-boiled eggs, cut into slices or quarters ; also the fried onion. When thoroughly hot, season to taste, dish up and serve.

**Curried Potatoes and Apples.**

Cut six cold potatoes into rather thick slices. Peel and slice three sour apples. Egg the slices of potatoes, crumb them in a mixture of bread-crumbs, chopped parsley, and curry powder, and fry them carefully in hot fat. Dredge the apples with flour ; egg, crumb, and fry them likewise. Dish them up alternately in the form of a border ; season with Krona pepper, put some fried parsley in the centre of the dish and serve.

**Curried Apples.**

Peel, core, and cut four large sour apples into fairly thin slices, and dredge them well on both sides with curry powder.

Chop finely three peeled shallots, fry them lightly in butter ; add the apple rings, and fry them gently until tender, and of a nice brown colour. Dish up the apples neatly on a round dish, sauce over with hot curry sauce (see page   ), and serve with plain rice.

**Curried Rice.**

Wash, drain, and boil six to eight ounces of rice in chicken or veal stock. When about half done, add to it a finely minced onion fried in butter.

Blend in butter half an ounce of curry powder, dilute it with a little cream, or if possible some cocoanut milk, and add to the rice. Mix thoroughly, and finish cooking in a slow oven. Dish up, and serve.

### **Zudree Rice.**

Wash, drain and boil half a pound of rice in a quart of veal or chicken stock until nearly tender. Pour off half the stock. Colour the rice with saffron, which is done by boiling a scruple of saffron in a little stock, add this to the rice. Set the stewpan containing the rice near the fire, and let it stew gently until the broth is entirely absorbed by the rice. Season with salt and pepper, and mix with a teaspoonful of curry paste. Dish up and serve.

### **Mutha Zudree.**

Prepare the rice as in the previous recipe, adding water instead of stock; colour it with saffron, and when done add an ounce of castor sugar. Dissolve three ounces of butter over the fire in a stewpan, add the rice, and allow it to stew gently on the fire until the rice has almost absorbed the liquor. Dish up, dust with a little curry powder, and serve.

### **Curry Sandwiches.**

Those who are very fond of curry will find a curry sandwich acceptable. Pound together to a smooth paste the yolks of three hard-boiled eggs, an ounce of butter, a pinch of salt, a teaspoonful of anchovy essence, a teaspoonful or more of Empress curry powder, and a table-spoonful of bread-crumbs; and moisten with a little tarragon vinegar. Spread a little of the mixture on thin slices of buttered bread, press them together, trim, cut into neat portions, dish up, and serve.

### **Curried Cheese Sandwiches.**

Cut half a pound of Cheddar cheese into small pieces, and pound till smooth in a mortar with three ounces of fresh butter, and a dessert-spoonful of curry paste. Cut some thin slices of bread, spread one side with the prepared mixture, and make up into neatly shaped sandwiches. Scraps and pieces of cheese may be worked up in this way. The mixture can be put into a jar, and will keep for some time if covered with a layer of clarified butter.

### **Indian Craipe Toast.**

Take three well beaten eggs, a finely cut green chilli, the pulp of two large ripe tomatoes, an ounce of butter and a little cream. Season with salt and pepper. Put all in a stewpan over a quick fire, and stir until set. Spread on hot buttered toast, previously spread with curry paste. Dish up and serve.









